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2021

## 2021 Local Food Guide

Skylar Falter

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# LOCAL food 2021 GUIDE

## LOCAL FOOD MAP

Find local foods near you! PG.5

## ZUCCHINI FRITTERS

YUM! An easy and delicious family favorite!  
(One of several recipes throughout.) PG.15



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Their commitment to the BFBN program enables us to continue to develop outreach, marketing, and education programs that supports a brighter tomorrow for Nebraska's small to mid-scale farmers, ranchers, and the lands on which our food is grown. Buy Fresh Buy Local is a chapter-based consumer education program, and registered trademark of the Pennsylvania Association for Sustainable Agriculture. The Buy Fresh Buy Local network is comprised of chapters run by community-based groups that are working to strengthen regional markets for locally grown foods. Visit [buyfreshbuylocal.org](http://buyfreshbuylocal.org) to learn more.



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## GET IN THE GUIDE!

Do you grow food to sell to local markets?  
Do you buy local foods for your business?  
Do you manage a farmers' market?

Join our community! As a Buy Fresh Buy Local® Nebraska member, you join a growing network dedicated to transforming communities through food. For more information on membership, please visit

[BUYLOCALNEBRASKA.ORG/GET-INVOLVED](http://BUYLOCALNEBRASKA.ORG/GET-INVOLVED)



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# Your Guide to NEBRASKA'S FARM FRESH FOODS!

## A NOTE FROM THE LOCAL COORDINATOR

### Discovering Resilience & Investing in the Future

Since the beginning of the pandemic, small and medium scale Nebraska farmers have gone above and beyond to increase production, change delivery methods, and meet the shifting needs of their communities. Farmers from Stratton to Columbus began working together to aggregate local foods. Farmers with livestock planned ahead as butcher dates at processing facilities were booked far into the future. Farmers' market managers worked overtime to ensure a safe shopping experience as an essential food access point.

The pandemic reminded us that how our food gets from field to table is in many cases long, complex, and rigid. It opened our eyes that efficiency in the food system, albeit promises lower prices, also leaves us vulnerable to disruption and without any connection to the farmers that feed us. We are now faced with the opportunity to discover and support the resilience of our local food system, where we play a more active and empowered role in our food supply.

One of the many charms of buying local is its lack of complexity. The supply chain is short and transparent. You know exactly where the food you purchase is being grown, you can see the farmer's smile and dirt under their fingernails. During a time of chaos, I fell in love with the simplicity of picking up fresh food right from the farmer. As restaurants and movie theaters closed, my garden became my sanctuary.

As life continues to transition, don't lose sight that supporting Nebraska-grown foods is an investment in our future. We need to call on our leaders to make local food a priority in our schools, more accessible to vulnerable communities, and a viable business for our youth. Diverse and local agriculture is where we find resilience.

Our Nebraska Food Guide is here for you to explore the diversity and delights of Nebraska-grown foods!

#### What you'll find in our guide:

- A directory listing of over 100 farms, ranches, and food businesses from across the state
- A **new** beautifully illustrated "Seasons of Nebraska" guide on page 4!
- Recipes from our members that highlight the Flavors of Nebraska

Happy Eating,

*Skylar Falter*

Skylar Falter

Buy Fresh Buy Local Nebraska Coordinator

Buy Fresh Buy Local® Nebraska  
University of Nebraska-Lincoln  
58F Filley Hall  
Lincoln, NE 68583-0922

Skylar Falter  
402-472-5273  
buylocalnebraska@unl.edu  
buylocalnebraska.org

BUY FRESH BUY LOCAL® NEBRASKA IS DEDICATED TO...



Keeping the food chain shorter, transparent, and sustainable



Educating on the social, environmental, and economic benefits of eating locally



Improving wellness and quality of life by promoting healthy, in-season eating



Cultivating a future for Nebraska's family farms by expanding the market for locally produced foods

## Hungry for More? CHECK THESE OUT:

### Video & Film

- **Gather (film)**  
Celebrating the indigenous food sovereignty movement
- **Livestock on the Land (film)**  
Iowa farmers using animals in regenerative agriculture
- **People's Republic of Fermentation (series)**  
Sandor Katz travels to China to learn about fermentation practices

### Podcasts

- **The Kitchen Counter**  
Helping home cooks figure it all out
- **Toasted Sister Podcast**  
Radio about Native American Food
- **Farm Small, Farm Smart**  
Weekly in-depth interviews with vegetable growers

### Books

- **Freedom Farmers: Agricultural Resistance & the Black Freedom Movement**  
by Monica M. White
- **Before We Eat: From Farm to Table (children's book)**  
by Pat Brisson & Mary Azarian



### Seasons of Nebraska

Order a print of the beautiful illustration on the next page at  
**BUYLOCALNEBRASKA.ORG**

# SEASONS OF NEBRASKA

## SPRING



## SUMMER



## FALL



## WINTER



Any Miller

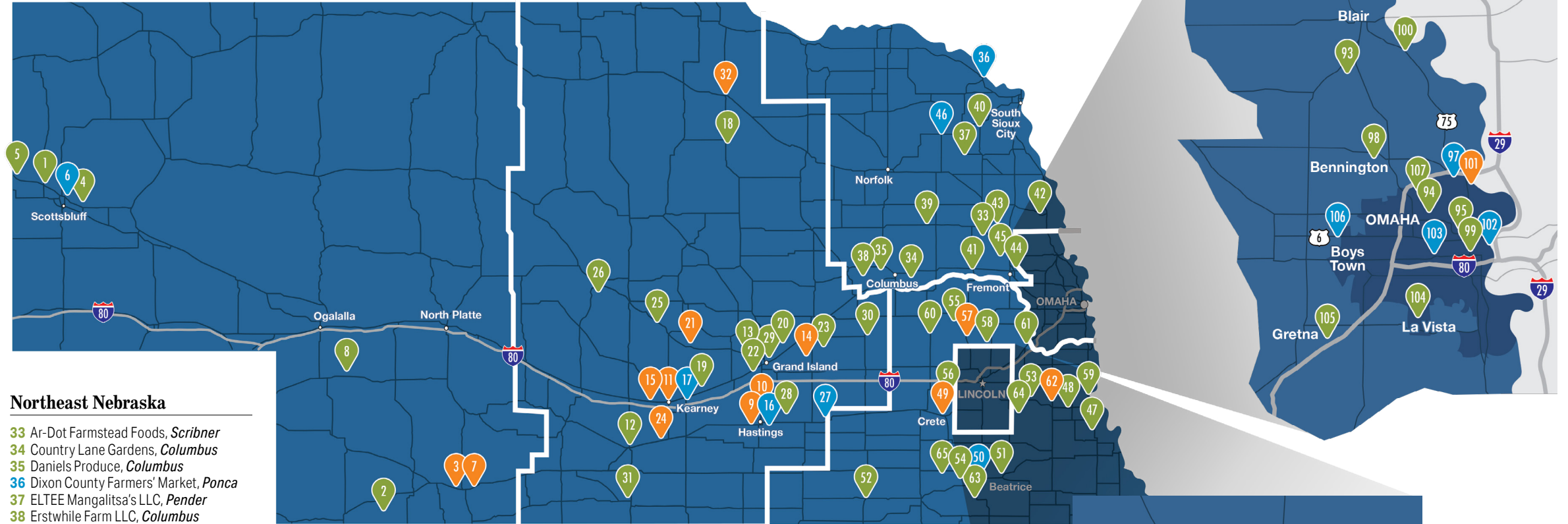


ARE YOU A  
farmer OR business  
SUPPORTING LOCAL  
FOODS IN NEBRASKA?

Get on the local food map  
by becoming a member at  
**BUYLOCALNEBRASKA.ORG**

Business Farmers' Market Farm/Ranch

# FIND local foods & farms NEAR YOU!



## Western Nebraska

- 1 Farm Girl Fresh Market, *Mitchell*
- 2 Heritage Acres, *Stratton*
- 3 Heritage Acres Drive-thru Market, *McCook*
- 4 Meadowlark Hearth Farm, *Scottsbluff*
- 5 Painter Produce, *Henry*
- 6 Scottsbluff Winter Farmers' Market, *Scottsbluff*
- 7 Sehnert's Bakery & Bieroc Cafe, *McCook*
- 8 The Prairie Garden, *Madrid*

## Central Nebraska

- 9 Back Alley Bakery, *Hastings*
- 10 Ensign Beverage & First Street Brewing Co., *Hastings*
- 11 Farmers Market 365, *Kearney*
- 12 Freed Brothers Farms, *Loomis*
- 13 GI Acres, *Grand Island*
- 14 Grain Place Farm, *Marquette*
- 15 GROW Nebraska, *Kearney*
- 16 Hastings Downtown Market, *Hastings*
- 17 Kearney Area Farmers' Market, *Kearney*
- 18 Lambert Melons, *Ewing*
- 19 Little Town Gardens, *Gibson*
- 20 Nebraska Mushroom LLC, *Grand Island*
- 21 Nutt Family Country Market, *Ravenna*
- 22 Prairie Pride Acres, *Grand Island*
- 23 Range West Beef, *Marquette*
- 24 Roberts Seed Inc., *Axtell*
- 25 Setting D Ranch LLC, *Litchfield*
- 26 Straight Arrow Bison Ranch, *Broken Bow*
- 27 Sutton Farmers' Market, *Sutton*
- 28 The Hoagland Homestead, *Inland*
- 29 Third Day Microgreens LLC, *Grand Island*
- 30 Twogood Farm, *Stromsburg*
- 31 Walnut Range Farms, *Alma*
- 32 Wildflour Grocer, *O'Neill*

## Northeast Nebraska

- 33 Ar-Dot Farmstead Foods, *Scribner*
- 34 Country Lane Gardens, *Columbus*
- 35 Daniels Produce, *Columbus*
- 36 Dixon County Farmers' Market, *Ponca*
- 37 ELTEE Mangalitsa's LLC, *Pender*
- 38 Erstwhile Farm LLC, *Columbus*
- 39 Fat Head Honey Farms, *Clarkson*
- 40 Graf Bees—The Buzz, *Emerson*
- 41 Johnson Farm, *North Bend*
- 42 KD Pastures, *Tekamah*
- 43 KrazyWoman Orchard, *Scribner*

## Southeast Nebraska

- 47 Al-Be Farm, *Julian*
- 48 Arnold Acres, *Syracuse*
- 49 Artisan Mark Coffee + Goods, *Crete*
- 50 Beatrice Farmers' Market, *Beatrice*
- 51 Broken Arrow Farm, *Filley*
- 52 Dageforde Farms, *Hebron*
- 53 Divino Nino Dairy, *Palmyra*
- 54 Food4Hope, *Beatrice*
- 55 Great Plains Nursery, *Weston*

## Lincoln Area

- 66 Bad Horse Farm, *Denton*
- 67 Bennet Farmers' Market, *Bennet*
- 68 Bright Hope Family Farm, *Firth*
- 69 Common Good Farm, *Raymond*
- 70 Community Crops, *Lincoln*
- 71 DS Family Farm, *Malcolm*
- 72 Fallbrook Farmers' Market, *Lincoln*
- 73 Green School Farms, *Lincoln*
- 74 Hub Café, *Lincoln*
- 75 Hunter's Honey, *Hickman*
- 76 Leon's Gourmet Grocer, *Lincoln*
- 77 Lincoln Haymarket Farmers' Market, *Lincoln*

- 44 Lu's Flowers and Vegetables, *Fremont*
- 45 TLC Country Floral, *Hooper*
- 46 Wayne Farmers' Market, *Wayne*

- 56 Grow with the Flow, *Denton*
- 57 Heartland Nuts 'N More, *Valparaiso*
- 58 Martin's Hillside Orchard, *Ceresco*
- 59 Paradise in Progress Farm, *Nebraska City*
- 60 Pekarek's Produce, *Dwight*
- 61 Raikes Beef Co., *Ashland*
- 62 Rich Harvest Vineyard and Winery, *Syracuse*
- 63 Sicily Creek Jelly and Produce, *Blue Springs*
- 64 The Little Red Farm, *Palmyra*
- 65 West End Farm, *Plymouth*

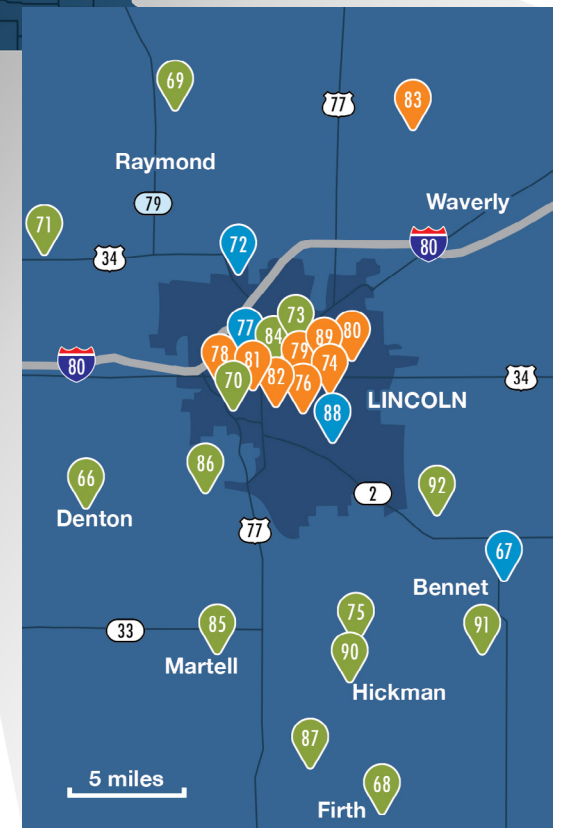
- 78 Lone Tree Foods, *Lincoln*
- 79 Mystic Rhoads Productions Inc., *Lincoln*
- 80 Nebraska Food Coop, *Lincoln*
- 81 Nebraska Sustainable Agriculture Society, *Lincoln*
- 82 Open Harvest Co-op Grocery, *Lincoln*
- 83 Prairie Plate Restaurant, *Waverly*
- 84 Prairieview, *Lincoln*
- 85 Robinette Farms, *Martell*
- 86 ShadowBrook Farm and Dutch Girl Creamery, *Lincoln*
- 87 Sleepy Bees Lavender Farm, *Firth*

## Lincoln Area (continued)

- 88 Sunday Farmers' Market at College View, *Lincoln*
- 89 Sweet Minou Chocolate, *Lincoln*
- 90 Trakside Farm, *Hickman*
- 91 Twin Springs Pecans, *Bennet*
- 92 Yankee Hill Landscape, *Lincoln*

## Omaha Area

- 93 Barreras Family Farm, *Blair*
- 94 Benson Bounty LLC, *Omaha*
- 95 Big Muddy Urban Farm, *Omaha*
- 96 D&D Beef, *Herman*
- 97 Florence Mill Farmers' Market, *Omaha*
- 98 Fruit of Levine LLC, *Omaha*
- 99 GreenLeaf Farms, *Omaha*
- 100 Little Mountain Ranch & Garden, *Ft Calhoun*
- 101 No More Empty Pots, *Omaha*
- 102 Omaha Farmers' Market—Baxter Arena (Lot 26), *Omaha*
- 103 Omaha Farmers' Market—Old Market, *Omaha*
- 104 Stream Meadow Farms, *Papillion*
- 105 Vala's Pumpkin Patch and Apple Orchard, *Gretna*
- 106 Village Pointe Farmers' Market, *Omaha*
- 107 Wenninghoff Farm, *Omaha*





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Hormone-Free Grass Fed Beef  
Quarters, Halves or Individual Cuts



We also have:

- Pork
- Lamb
- Garden Fresh Produce

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**SUNDAY FARMERS' MARKET**  
at COLLEGE VIEW  
[sundayfarmersmarket.org](http://sundayfarmersmarket.org)



Every  
**SUNDAY: 10 AM - 2 PM**

**APRIL 25<sup>TH</sup> - OCTOBER 31<sup>ST</sup>**

**COLLEGE VIEW**  **48TH AND PRESCOTT  
LINCOLN, NEBRASKA**



**MATCHING EVERY  
SNAP DOLLAR  
EACH WEEK UP TO \$20!**

*Holiday Markets*

**NOVEMBER & DECEMBER**  
[holidayharvestfarmersmarket.com](http://holidayharvestfarmersmarket.com)

# Local food GLOSSARY

Wonder no more! Here are the answers to some of your burning questions about the terms and programs listed throughout this guide.

## Growing practices ↗

**GAP Certified:** Good Agricultural Practices (GAP) is a voluntary certification program which verifies, through an independent third-party audit, that sound food safety practices are being used on a farm or produce handling facility.

**Animal Welfare Approved:** Certified Animal Welfare Approved by A Greener World (AGW) is a label that guarantees animals are raised outdoors on pasture or range for their entire lives on an independent farm using sustainable, high-welfare farming practices.

**No Synthetic Inputs:** Produce is grown without the use of synthetic chemicals, pesticides, or herbicides.

**Certified Organic:** Farms, ranches, and processors are inspected and certified yearly by a third-party agency to the U.S. Department of Agriculture's National Organic Program. Organic operations must demonstrate they are protecting natural resources, conserving biodiversity, and using only approved substances.


**Non-GMO Feed:** All feed given to animals is from non-GMO products.

**100% Grass-Fed:** Most beef and lamb are grass-fed for most of their lives and then fed grain for the last 60-120 days to increase fat and protein and add weight. For meat to be labeled "100% grass-fed" in our food guide, animals must be fed an exclusive diet of grass and forage plants only, with no grain or by-products.

**Pasture-Raised:** This claim on meat, poultry, dairy, or eggs means that animals were raised outdoors with constant access to fresh-growing, palatable vegetation, and shelter for evening and inclement weather. It does not mean the animal ate only grass or forage.

**Rotational Grazing:** An environmentally beneficial farming practice in which livestock are regularly rotated to fresh pastures at the right time to prevent overgrazing and optimize grass growth.

**Outdoor Access:** Animals are raised indoors in barns or sheds but have access to outdoor space.

 Learn about all the growing practices mentioned in our food guide online at [BUYLOCALNEBRASKA.ORG/BFBL-GLOSSARY](http://BUYLOCALNEBRASKA.ORG/BFBL-GLOSSARY)




## What is a CSA? ↗


**CSA** stands for Community Supported Agriculture. Think of a CSA as a farm subscription. You pay for your share of the farm harvest upfront, directly to the farmer, and the farm provides you with veggies and other farm products weekly over a period of time. Your farm share is usually packed in a box and picked up or delivered.


Convenient, fresh, and the best part—you're able to connect with the person growing your food!

## COMMUNITY SUPPORTED AGRICULTURE

 To join, look for CSA in the directory listings or find a list of farms with CSA programs at [BUYLOCALNEBRASKA.ORG/METHODS-SALE/CSA](http://BUYLOCALNEBRASKA.ORG/METHODS-SALE/CSA)


## Programs that help everyone afford local food.

**EBT/SNAP:** Supplemental Nutrition Assistance Program. Some farmers' markets and vendors accept SNAP benefits, making it easy to use your EBT card for local food! 

 **Double Up Food Bucks/SNAP matching dollars:** Available at select farmers' markets and grocery stores. Each day, a SNAP customer can earn an additional \$20 of Double Up Food Bucks to purchase fresh local produce when they spend \$20 at a participating retailer.

**NE Senior Farmers Market Coupons:** Qualifying seniors can receive coupons to purchase local produce and honey at farmers' markets. 




 **WIC Farmers Market Nutrition program:** Women, Infant's, & Children (WIC) Farmers' Market Nutrition Program provides funds for WIC participants to buy local produce.

 Find out more about these local food programs, and find YOUR farmers' market at [BUYLOCALNEBRASKA.ORG/GO-TO-GROW](http://BUYLOCALNEBRASKA.ORG/GO-TO-GROW)

# LOCAL PRODUCTS LEGEND


## Find out who's growing what!

These icons appear under the directory listing of each member and lets you know what the member grows or raises.

- |   |   |
|---|---|
|  Fruits                                |  Beef        |
|  Vegetables                            |  Bison       |
|  Herbs                                 |  Lamb        |
|  Grains & Dried Beans                  |  Pork        |
|  Dairy                               |  Chicken   |
|  Eggs                                |  Turkey    |
|  Honey                               |  Mushrooms |
|  Value-Added Products                |  Nuts      |
|  Flowers, Seeds, Trees & Transplants |   |

## Searching for a specific ingredient?

LIKE LOCAL ASPARAGUS OR LAMB CHOPS?

 Search by specific product, region, or sales method in our easy-to-use online food guide at [BUYLOCALNEBRASKA.ORG](http://BUYLOCALNEBRASKA.ORG)



# Western Nebraska

## BUSINESSES

### 3 Heritage Acres Drive-thru Market

Online Farmers' Market

507 W B St.  
McCook, NE  
308-340-9872  
hello@heritageacres.net  
heritageacres.net

HOURS: Order online Sat & Sun,  
Delivery Tues: 4:30–5:30 pm  
We offer healthy and fresh food to Southwest  
Nebraska in a way that keeps you safe and  
builds a resilient local food chain. 2021 is  
your year to build health. We make that easy.

### 7 Sehnert's Bakery & Bieroc Cafe

Bakery, Restaurant, Caterer, Retail Store,  
Coffee House, Venue, Bar

312 Norris Ave.  
McCook, NE  
308-345-6500  
sehnertbakery@gmail.com  
sehnerts.com

HOURS: Mon–Fri: 6:30 am–5 pm,  
Sat: 6:30 am–3 pm, Sun: Closed  
Sehnert's Bakery has been creating pastries,  
sandwiches, coffee drinks, etc using local  
products such as Wauneta Roller Mills flour  
and 308 Coffee since 1957. Join us.

## FARMERS' MARKETS

### 6 Scottsbluff Winter Farmers' Market

Monument Mall (Inside the Mall)  
Scottsbluff, NE

308-641-7662  
scottsbluffwinterfarmersmarket@gmail.com  
DATE & TIME: Saturdays 11 am–2 pm  
(end of Oct–end of March)  
We have between 10–15 vendors available  
each market with a homemade, homegrown  
variety of local products. Come shop and  
support your small local businesses.

## FARMS & RANCHES

### 1 Farm Girl Fresh Market



Colleen Johnson  
Mitchell, NE  
308-225-0128  
farmgirlfreshmarket@gmail.com  
facebook.com/farmgirlfreshnebraska

- No Synthetic Inputs
- CSA, Direct Sales—Call or Email,  
Farmers' Markets, Online Ordering

Our farm grows everything from fresh  
vegetables to flowers for sale. We sell  
plants in the spring to get your garden  
going and then flowers/vegetables for  
your year round enjoyment.

### 2 Heritage Acres



Chris & Paula Sandberg  
Stratton, NE  
308-340-9872  
hello@heritageacres.net  
heritageacres.net

- Antibiotic Free, Hormone Free, Pasture  
Raised, Rotational Grazing, Grass Fed,  
Grain Finished
- Online Ordering

We are a southwest Nebraska family that  
loves hard work, each other, and farm  
life... preferably all at the same time. We  
offer artisan beef, open-air pork, and  
pastured eggs.

### 4 Meadowlark Hearth Farm



Beth Everett & Matt Barton  
Scottsbluff, NE  
308-632-3399  
meadowlarkhearth@gmail.com  
meadowlarkhearth.org

- Certified Biodynamic, Certified Organic,  
Real Organic Project
- Non-GMO Feed, Pasture Raised, Cage  
Free, Rotational Grazing, Grass Fed
- CSA, Farmers' Markets, Wholesale,  
Online Ordering

We have seven seed gardens and 500 acres  
of grazing for our 100% grass-fed dairy/  
beef herd. ORDER vegetable SEED and more  
online, five generations of the same family.

### 5 Painter Produce



Tracy & Dan Painter  
Henry, NE  
308-247-1003  
painter.produce@gmail.com  
painterproduce.wix.com/painterproduce

- GAP Certified, No Synthetic Inputs
- Non-GMO Feed, Antibiotic Free, Hormone  
Free, Pasture Raised, Outdoor Access
- On Farm Store, Direct Sales—Call or Email

We are a small family farm growing farm-  
to-table, organic produce free of pesticides,  
herbicides, and commercial fertilizers in  
the Nebraska Panhandle since 2011.  
Comfort food!

### 8 The Prairie Garden



Ryan Zimmerman  
Madrid, NE  
308-352-6035  
theprairiegarden@gmail.com  
theprairiegarden.net

- No Synthetic Inputs
- CSA, Farmers' Markets, Wholesale,  
Online Ordering

The Prairie Garden is a small family farm  
on a bit of prairie in western Nebraska.  
We're pretty passionate about growing  
safe, healthy, and delicious food for  
our community.

"A society grows  
great when old women  
plant trees whose  
shade they know they  
shall never sit in."  
—Greek Proverb

## Recipe

### SOUR KRAUT

Fermented vegetable recipes in ½ gallon (or 2 quart) jars



### Ingredients:

- 3½ lbs cabbage (~1–2 heads of cabbage)
- 1 Tbsp salt
- Caraway, cumin, dill, juniper berries, or whatever spices you like!
- 3 small cloves of garlic

### Directions:

1. Shred the cabbage (plus other veggies that you like—ginger, carrots, beets, radish, turnip) and put in a bowl. Sprinkle the salt over the vegetables. Add garlic and any spices or herbs. Knead the vegetables to bring out the moisture. If you knead it a lot, it will have a nice amount of moisture. If it's dry, you can try the tip below.
2. Pack into a jar until about ¾ full (when it is fermenting, it tends to expand). Press down on the mass when you have it in the jar, and there should be some moisture which rises to the top. Make sure there is a bit of liquid covering the cabbage. Cover the jar with a dishcloth or cheesecloth and a loose-fitting lid. Write the date you made it on the jar. Put in a dark place to ferment for one week. Then, put into a refrigerated place for 5 weeks. It should be ready beginning 6 weeks after you have put it in the jar.



**Too dry?** If it looks too dry, add a salt and water brine to the cabbage until it is fully submerged. To make the brine, dissolve 1 teaspoon of salt into 2 cups of water.



From the kitchen of

Meadowlark Hearth Farm,  
Scottsbluff, NE

**Concerned that a business in your town like your grocery store, restaurant or daycare will close?**

Your community could keep these vital businesses open and thriving by working together as a cooperative.



The Nebraska Cooperative Development Center has worked with numerous communities to establish cooperatives that bring value and services to their towns.



NEBRASKA COOPERATIVE  
DEVELOPMENT CENTER

For more information, & to start your cooperative journey, visit: [ncdc.unl.edu](http://ncdc.unl.edu)





The relationship we share with our food is essential to our personal health, the health of our community, and the health of the earth. As a member of the Nebraska Sustainable Agriculture Society (NSAS), I have learned that knowing who grows my food is how I connect more meaningfully to the place where I live.

By purchasing food directly from neighboring farms, a healthy relationship is created that supports a more resilient community. Each time you buy a dozen eggs at a farmers' market or pick up your Community Supported Agriculture (CSA) box, you not only receive nourishing food but you also say "I value family farms" and "I want them to continue farming directly for my community." The farmers who make up NSAS care for us by growing nutrient dense and fresh foods in a way that gives back to the land. In turn, we can care for our farming families by purchasing and valuing the food they grow for us.

Nebraska is blessed to be home to some of the most fertile, rich soil on the earth. Our farmers are the stewards of the soil and we are fed by this precious resource. Agriculture is an important pillar of Nebraska, yet we are disconnected from our food and the system that delivers it to our plates. **90% of the state's food is imported from places outside of Nebraska.\***

*What if we committed to feeding ourselves from places that we live, can physically visit, care for, and directly financially support?*

90%  
of the state's food  
is imported from  
places outside  
of Nebraska.\*

NSAS was founded 44 years ago by a group of Nebraska farmers who believed there was a better way to care for our land, and the plants and animals we raise. Through regenerative and sustainable farming practices soil teems with life, water is filtered, and carbon is stored. Lucky for us, all of these benefits come beautifully wrapped in the form of fresh-Nebraska grown vegetables, fruits, meats, honey, grain, and dairy.

*Are we willing to commit to building a local food system that grows healthy foods for everyone in our community?*

If we are going to shift our diets away from imported goods and commit to a reliable locally grown food system, it will take all of us.

A great place to start is by forming relationships with the people who grow our food. If we can start to do this together, we will find ourselves with cleaner streams, healthier soil, and stronger relationships with our neighbors across Nebraska and our greater Great Plains region.

\*References on 90% Statistic (A) McGuffrey, Megan. "Biting into Food Access: A View of Nebraska's Food Systems." Center for Rural Affairs, Feb. 2019, <https://www.cfra.org/sites/default/files/publications/biting-into-food-access-a-view-of-nebraska-food-system.pdf>; (B) Meter, Ken. "Nebraska Food & Food Economy." Crossroads Resource Center, 19 Nov. 2010, <https://www.crcworks.org/crcdocs/nebsum10.pdf>

Local Food Subscription  
from Robinette Farms  
Local Food Delivered Year-Round  
Sourced From Local Farmers and Artisans  
www.robinettefarms.com

NEBRASKA EXTENSION  
MASTER GARDENERS  
Incredible volunteers  
doing incredible work  
in their community  
landscapes.  
mastergardener.unl.edu

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DOUBLE UP FOOD BUCKS

TURN AN APPLE A DAY INTO TWO APPLES A DAY

When you use your SNAP EBT card, Double Up matches your fruit and vegetable purchases dollar for dollar. That means you and your family get twice the fresh fruits and veggies!

Offer Double Up at your store or market:  
[food.unl.edu/doubleup-get-involved](http://food.unl.edu/doubleup-get-involved)

Find Location A Location Near You!  
[food.unl.edu/doubleup-locations](http://food.unl.edu/doubleup-locations)

UP TO \$20 PER DAY!

NEBRASKA EXTENSION NEBRASKA COMMUNITY FOUNDATION CHI Health Children's HOSPITAL & MEDICAL CENTER



# Central Nebraska

Farmers in Nebraska can grow cold hardy crops in winter like lettuce, spinach, radishes, carrots, and kale by using structures called hoop houses.

# FUN FACT

## BUSINESSES

- 9 Back Alley Bakery**  
Restaurant, Caterer, Retail Store, Bakery  
609 W 2nd St.  
Hastings, NE  
402-460-5056  
john@backalleybakery.com  
backalleybakery.com  
HOURS: Mon–Wed & Fri: 9 am–5:30 pm,  
Thurs: 9 am–7 pm, Sat: 8 am–4 pm  
The Back Alley Bakery creates natural, unprocessed “artisan breads” baked fresh every day. We use wholesome ingredients in all of our offerings we serve in our restaurant daily.
- 10 Ensign Beverage & First Street Brewing Co.**  
Caterer, Retail Store, Brewery  
119 N Saint Joseph Ave.  
Hastings, NE  
402-834-2400  
standardinfo@ensignbeverage.com  
ensignbeverage.com &  
firststreetbrewing.com  
HOURS: Tues–Fri: 4–9 pm, Sat: Noon–9 pm,  
Sun: 2–6 pm, Mon: Closed  
Located in Downtown Hastings, Ensign Beverage and First Street Brewing Company offers something for everyone. From Beer to Kombucha, in the Tap Room, on the patio, or to go!
- 11 Farmers Market 365**  
Online Farmers' Market  
5011 2nd Ave.  
Kearney, NE  
308-216-1192  
farmersmarket365.candi@gmail.com  
HOURS: Order online for delivery or pickup on Saturdays  
Fm365 brings farmers market goodies to our customers year round. We provide opportunities for local cottage food businesses and customers to enjoy the local experience all year.

- 14 Grain Place Farm**  
Local Food Processor, Farm  
1904 N Highway 14  
Marquette, NE  
501-765-2732  
grainplacefarm@gmail.com  
grainplacefoods.com  
HOURS: Tues: 9 am–4 pm,  
Thurs & Fri: 9 am–4 pm,  
Sat: By Appointment  
Organic since 1953, second generation farm focusing on soil health and working with nature. We grow, source, and sell some of the finest ingredients in the midwest and beyond.
- 15 GROW Nebraska**  
Retail Store, Non-profit  
421 W Talmadge St.  
Kearney, NE  
308-338-3520  
info@grownebraska.org  
grownebraska.org  
HOURS: Mon–Fri: 8:30 am–7 pm,  
Sat: 8:30 am–1 pm, Sun: Closed  
The GROW Nebraska® Foundation helps entrepreneurs get the resources they need to live in Anywhere, Nebraska, and make a sustainable living.
- 21 Nutt Family Country Market**  
Local Food Processor, Customized Produce Basket Delivery Service  
Ravenna, NE  
308-440-7833  
jnd9608@gmail.com  
facebook.com/countrygrownmarket  
HOURS: Mon–Fri: 9 am–5 pm  
(during the season)  
Nutt Family Country Market offers fresh produce in baskets delivered right to our customers' door along with jams, jellies, baked goods, elderberry products, and coming soon, beef!
- 24 Roberts Seed Inc.**  
Grain and Seed Processing & Sales  
982 22nd Rd.  
Axtell, NE  
308-743-2565  
robertsseed@gtmc.net  
robertsseed.net  
HOURS: Mon–Fri: 8 am–5 pm,  
Sat: 9 am–Noon, other times available upon request  
Roberts Seed processes and sells grain for seed, feed, and human consumption. We focus on non-GMO & organic grain and have been Certified Organic since 1991. Call or stop by!

- 32 Wildflour Grocer**  
Grocery Store  
112 S 4th St.  
O'Neill, NE  
402-336-8988  
info@wildflourgrocer.com  
wildflourgrocer.com  
HOURS: Mon–Wed & Fri: Noon–6 pm,  
Thurs: Noon–7 pm, Sat: 10 am–2 pm, Sun: Closed  
An indoor farmers' market and community space in the heart of north central Nebraska focusing on locally grown products and goods made in our certified kitchen year-round.

## FARMERS' MARKETS

- 16 Hastings Downtown Market**  
2nd St. and Saint Joseph (East of Odyssey and North of First Street Brewery)  
Hastings, NE  
402-469-5064  
director@hastingsdowntownmarket.com  
hastingsdowntownmarket.com  
DATE & TIME: Thursdays 5–7:30 pm  
(June 3–Sept 16)  
• NE Senior Farmers Market Coupons  
The Hastings Downtown Market is on Thursday evenings. Enjoy a quaint setting, with plenty of shade, multiple vendors, and live music from 6:30–7:30 pm!
- 17 Kearney Area Farmers' Market**  
5011 2nd Ave. (Hilltop Mall parking lot between Valentino's and Golf USA)  
Kearney, NE  
308-216-1192  
kearneyAFM@hotmail.com  
DATE & TIME: Wednesdays 2–6 pm,  
Saturdays 8 am–1 pm  
(May 1–Oct 31)  
• EBT/SNAP, NE Senior Farmers Market Coupons  
Kearney Area Farmers Market hosts local vendors and artisans from 125 mile radius to offer a wide variety of the freshest products possible.

- 27 Sutton Farmers' Market**  
Sutton City Park Pavilion  
(Corner of N Saunders Ave. & E Ash St.)  
Sutton, NE  
402-410-2032  
farmersmarketsutton@gmail.com  
suttonfarmersmarket.com  
DATE & TIME: Saturdays 8 am–Noon  
(June 12–Oct 23)  
Vendors selling the freshest locally grown and home baked goods! Fruits, veggies, herbs, flowers, breads, rolls, honey, sweets, eggs, handmade crafts, woodworking, and furniture.

## FARMS & RANCHES

- 12 Freed Brothers Farms**  
Jenny Enchayan  
Holdrege, NE  
308-991-3650  
jenny.enchayan@gmail.com  
facebook.com/freedbrothersfarms  
• On Farm Store, Direct Sales—Call or Email, Online Ordering  
Visit us at Violets and More, LLC, on the back porch in season for pumpkins, gourds, ornamental corn, produce, and more grown right here in Phelps County, Nebraska.
- 13 GI Acres**  
Chad & Kathy Nabity  
Grand Island, NE  
308-379-3882  
chadn1@grandislandacres.com  
grandislandacres.com  
• Outdoor Access  
• CSA  
At GI Acres, our modified-market style CSA allows our members to enjoy both traditional and unusual varieties of fresh, local produce all summer. We do the work; you enjoy fresh!
- 18 Lambert Melons**  
Tim & Ben Lambert  
Ewing, NE  
402-340-3646  
klambert@esu8.org  
facebook.com/lambertmelons  
• On Farm Store, Direct Sales—Call or Email, Wholesale  
We are known for spring asparagus and strawberries, summer melons, and autumn pumpkins. We have a passion for local food because it has been part of our family for over 100 years.
- 19 Little Town Gardens**  
Candi Benge  
Gibbon, NE  
308-216-1192  
candi@littletowngardens.com  
facebook.com/littletowngardens  
• Aquaponic, No Synthetic Inputs  
• CSA, Direct Sales—Call or Email, Farmers' Markets, Wholesale, Online Ordering  
Little Town Gardens started in 2018 and we are still learning as we go. We are learning to use regeneration and no till farming practices to grow healthy veggies in healthy soil.
- 20 Nebraska Mushroom LLC**  
William Gordon  
Grand Island, NE  
308-384-1430  
ash@nebrakamushroom.com  
nebrakamushroom.com  
• Direct Sales—Call or Email, Farmers' Markets, Wholesale  
Nebraska Mushroom LLC is an indoor mushroom farm that specializes in the production of gourmet and medicinal mushrooms by utilizing local agricultural and forestry byproducts.

- 22 Prairie Pride Acres**  
Daniel Hromas  
Grand Island, NE  
402-217-2797  
prairieprideacres@gmail.com  
facebook.com/prairieprideacres  
• No Synthetic Inputs  
• Antibiotic Free, Hormone Free, Pasture Raised, Rotational Grazing, 100% Grass Fed  
• On Farm Store, Direct Sales—Call or Email, Farmers' Markets, Wholesale  
Prairie Pride Acres' holistic philosophy centers around the humane treatment of all animals. The bulk of what we raise is grass fed beef—no antibiotics or hormones are used!
- 23 Range West Beef**  
Luke & Lori Jacobsen  
Marquette, NE  
402-854-3104  
rangewestbeef@gmail.com  
rangewestbeef.com  
• Certified Organic, Non-GMO Feed, Soy Free Feed, Corn Free Feed, Antibiotic Free, Hormone Free, Pasture Raised, Rotational Grazing, 100% Grass Fed  
• On Farm Store, Direct Sales—Call or Email, Farmers' Markets, Online Ordering  
Our beef is produced on some of Nebraska's best soils. Quality organic lands, rotational grazing on high energy irrigated grasses, and moderate Angus cattle produce flavorful beef.
- 25 Setting D Ranch LLC**  
Clarissa & Dan Feldman  
Litchfield, NE  
308-367-6326  
settingdranch@hotmail.com  
facebook.com/settingdranch  
• Pasture Raised, Grass Fed, Grain Finished  
• Direct Sales—Call or Email, Farmers' Markets  
Setting D Ranch LLC is a 3rd generation ranch raising beef and pork. We offer it by the carcass or as frozen, pre-packaged cuts. Processed in a local USDA inspected facility.



LOCALLY  
GROWN  
love

### WHAT DO YOU LOVE ABOUT LOCAL FOOD IN NEBRASKA?

“The surprising variety and lovely quality.”

BEST FOOD TO BUY FROM A LOCAL SOURCE? “Garlic. Nothing compares to local garlic. It adds extra depth of flavor to everything.”

FAVORITE SEASON FOR LOCAL FOOD? “I love spring because it's the start of fresh food after a long winter.”

~Alexie, Omaha, NE

Central Nebraska →  
continues on next page



## 26 Straight Arrow Bison Ranch



Karen & Marty Bredthauer  
Broken Bow, NE  
308-870-4045  
mail@straightarrowbison.com  
straightarrowbison.com

- Animal Welfare Approved, Pasture Raised, Rotational Grazing, 100% Grass Fed
- On Farm Store, Direct Sales—Call or Email, Farmers' Markets, Wholesale, Online Ordering

We started raising bison in 1994 as a family project. We are certified animal welfare, 100% grassfed, and most recently have been approved as certified regenerative through AGW.

## 28 The Hoagland Homestead



Amy & Adam Hoagland  
Inland, NE  
402-469-5065  
thehoaglandhomestead@gmail.com

- Direct Sales—Call or Email, Farmers' Markets, U-Pick

We are a three generation garden. We offer a diverse variety of vegetables, honey, jelly, cut flowers, and more! Find us at the Highland Park and Downtown Hastings markets.

## 29 Third Day Microgreens LLC



Sarah Martin  
Grand Island, NE  
308-370-1201  
thirddaymicrogreens@gmail.com  
thirddaymicrogreens.com

- No Synthetic Inputs, Produce Safety Alliance trained
- Direct Sales—Call or Email, Wholesale, Online Ordering

We grow nutrition packed microgreens. Our subscription service delivers to Grand Island, Phillips, and Aurora. You can also find them at Hy-Vee and Natural Food Products in Grand Island.

## 30 Twogood Farm



Rachel Twogood  
Stromsburg, NE  
402-764-0240  
rltwogood@gmail.com  
twogoodfarm.com

- Antibiotic Free, Hormone Free, Pasture Raised, Rotational Grazing, 100% Grass Fed
- CSA, On Farm Store, Direct Sales—Call or Email, Online Ordering

Born and grazed on our farm from birth to butcher, we desire to provide you beef that is truly grass-fed from start to finish. No hormones, no antibiotics and no grain. Ever.

## 31 Walnut Range Farms



Jessica Swanson  
Alma, NE  
308-920-1275  
jessica@walnutrangefarms.com  
walnutrangefarms.com

- Antibiotic Free, Hormone Free, Rotational Grazing, 100% Grass Fed
- On Farm Store, Direct Sales—Call or Email, Farmers' Markets, Wholesale, Online Ordering

We at Walnut Range Farms are excited to offer you our Grass Fed and Finished Beef! Our beef is delicious, tender, and very healthy. Our Omega 6:Omega 3 Ratio is 1.2 to 1!

Keep Your Friends Close,  
and Your Farmers Closer!  
Buy Fresh Buy Local!



Columbus, NE

402.897.4253

www.danielsproduce.com

Farmers Market

Find our tent at:  
Village Point- Omaha  
Old Market-Omaha  
Aksarben- Omaha  
College View- Lincoln  
Haymarket-Lincoln  
Highland Park-Hastings

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High quality plants grown in specialized RootMaker® containers & Grow Bags to ensure survivability and long term health.



CONNECTING THE COMMUNITY TO THE  
LAND, THEIR FOOD, & EACH OTHER

CONTACT US: 402-336-8988  
INFO@WILDFLOURGROCER.COM  
ON FB @WILDFLOURGROCER  
WWW.WILDFLOURGROCER.COM

HOURS  
M-W, F: 12-6  
THURS: 12-7  
SAT: 10-2



## Recipe

### ZUCCHINI FRITTERS

Looking for ways to use up all that extra zucchini?  
Look no further with this easy and delicious family favorite!

#### Ingredients:

- 2 medium zucchini
- 10 sprigs parsley, stems removed & chopped
- 1 garlic clove, minced
- 1 tsp salt
- ¼ tsp pepper
- 2 large eggs, lightly beaten
- ½ c flour
- ¼ c olive oil

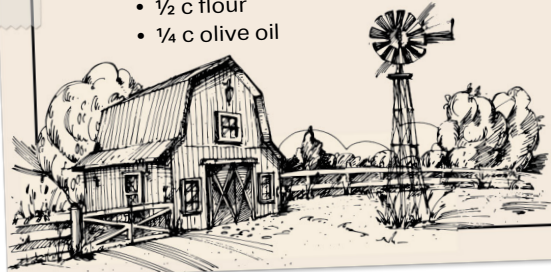
#### Directions:

1. Grate zucchini into bowl. Add parsley, garlic, salt, pepper, and eggs.
2. Mix well. Slowly add flour.
3. Heat 2 Tbsp olive oil in large skillet. Drop 2 Tbsp of zucchini mix into pan, repeat, spacing fritters 2 inches apart. Cook fritters until golden on both sides.

From the kitchen of

Common Good Farm,  
Raymond, NE

common good farm.



Meadowlark Hearth

Nebraska's Own

Organic  
Vegetable  
Seed

meadowlarkhearth.org

## Loving Local Food Poetry

# Getting the Dirt on Farmers

Never been a farmer  
City girl, I guess  
So when I stand under the awning  
At our CSA drop-off  
I get the dirt on local farmers

I hear it in the chit-chat concerning  
hungry grasshoppers and threatening weather  
In the heat of the day, it appears in beads of sweat  
settling on each farmer's furrowed brow  
emitting an earthy scent into the faint breeze  
It shows up in the fresh veggies, germinated  
in acres of managed organic soil  
and placed carefully in my bag

At home, I see it tucked  
between the leaves of lettuce, like a hidden note

Black, inky dirt  
uncovered and discovered  
A sneaky disclosure of dirty truth  
A mighty reminder to appreciate  
the dirt on farmers

Tobi Scofield  
LINCOLN, NEBRASKA

Find this poem  
and many more at  
BUYLOCALNEBRASKA.ORG/POETRY



LEARN MORE AT  
buylocalnebraska.org



# Celebrating the 15 Year Anniversary

OF THE  
Nebraska Food Guide &  
Buy Fresh Buy Local Nebraska



## DID YOU KNOW?

Buy Fresh Buy Local Nebraska is a chapter of the national Buy Fresh Buy Local organization? There are chapters from Cape Cod to New Mexico, all funded by members pooling resources to promote local food and support local farmers.

## Our work:

- ✓ Nebraska's most trusted resource for local food
- ✓ 16 editions of the Annual Nebraska Food Guide
- ✓ Over 200,000 Nebraska Food Guides distributed
- ✓ Outreach Events like Local Food Showcases, CSA Fairs, Harvest Celebrations, Chef Cook-offs, Buy Local Challenges, Buy Local Week, Informational Booths
- ✓ Local Agriculture Education—Youth and Adult farm tours & group presentations
- ✓ Online resources for consumers
- ✓ Farm to School programming & expansion
- ✓ Staffed by real people, passionate about local agriculture who can answer farmer and consumer questions about local food in Nebraska!

## When we work together, we grow together!

### Started by farmers who saw a need...

2005 was a time before social media and smartphones. People found local food through word of mouth and farmers' markets. Small independent farmers knew that to sustain a livelihood in farming, there needed to be way to educate the public about the benefits of local food and connect eaters with local farms. With limited marketing and advertising budgets, these small farms couldn't do it alone. Banding together and pooling their resources to promote local foods made good sense!

After hearing about the Buy Fresh Buy Local concept at a farm conference, longtime Buy Fresh Buy Local Nebraska (BFBLN) member Charuth Loth of ShadowBrook Farm and Dutch Girl Creamery presented the idea at the 2005 Nebraska Sustainable Agriculture Society's (NSAS) annual conference.



As BFBLN Coordinator for 9 years, **Billene Nemec** was, to many people, the face of BFBLN. She was a passionate educator whose enthusiasm for local farms was contagious. Though we lost Billene in 2016, let's take a note from her and continue to build a local food culture in Nebraska that is vibrant and welcoming.

*"BFBL is the boots on the ground. It was created by people who saw the need and wanted it. It's been sustained by those same people that see the value in farmers and ranchers—our members."*

— **ELAINE CRANFORD**, Former NSAS board member, NCDC cooperative specialist, and founding leader of BFBLN

The concept of collective marketing rang true for conference attendees and soon after the presentation Elaine Cranford (then board member of NSAS, and Cooperative Development Specialist at Nebraska Cooperative Development Center) began gathering farmers and local food advocates to hash out the details of a Nebraska Chapter of Buy Fresh Buy Local.

After over a year of planning in the backrooms of Lincoln coffee shops, Buy Fresh Buy Local Nebraska successfully launched on May 27th, 2006, with a sold-out movie screening and local food reception in Lincoln. The event featured the unveiling of the 1st Nebraska Food Guide. A total of 75,000 copies of the guide were distributed in that 1st year.

*"The biggest impact of BFBLN has been the promotion. When I first came here, you could easily go to the farmers market and it was not crowded. Now, the farmers markets are crowded. You can find local food in grocery stores. I think economically it has helped a lot."*

— **GEORGIA JONES**, UNL Extension Food Specialist & BFBLN Advisory Board Member

### Where we're at in 2021

The times may have changed, but our mission to connect Nebraskans to local farms remains the same. Ideas that were seeds in 2005—like farm to school, purchasing local food online, and regional food hubs—are now blooming in 2021. It's not all rosy. Small farmers face immense challenges like rising land prices, high production costs, and an increasing disconnect between consumers and the people who grow their food. We continue to do this work, because there continues to be a need.

Since our founding in 2006, BFBLN has found a home at The Nebraska Cooperative Development Center (NCDC) in the Agricultural Economics Department of UNL. Elaine Cranford and Jim Crandall of NCDC were instrumental in the creation of BFBLN, providing seed money early on to hire a coordinator, and supporting the program through staff, time, and advisory roles. We are so pleased to continue to be a part of NCDC, whose mission is to assist groups in rural Nebraska explore the cooperative business model.

### Cheers to the next 15 years of good local food!

*"The demand for local foods is increasing, and BFBLN is a bridge between local farmers and consumers."*

— **GARY LESOING**, UNL Extension Educator & BFBLN Advisory Board Member

In the next 15 years we want to get more local food on the plates of Nebraskans, and keep more local farms in business. Through education, outreach, and promotion we are building a local food culture in Nebraska that is big enough to encompass rural and urban, strong enough to withstand pandemics, and diverse enough to welcome new ideas and growth.

### Thank you!

We want to offer our gratitude to the supporters and members of BFBLN. Without you, there is no BFBLN. Thank you for the hard work, the good food, and the friendship.

We also thank Nebraskans who use the Food Guide and BFBLN. Your commitment to good, fresh, local food has supported hundreds of small farms, ranches, and food businesses across the state.

## DID YOU KNOW?

The farms and businesses in the Nebraska Food Guide are members of Buy Fresh Buy Local Nebraska. Over 100 farmers, ranchers, farmers' markets, and local food businesses work together to promote Nebraska-grown food. Membership fees fund the design and printing of this food guide and other promotional materials and events.





# Northeast Nebraska

## FARMERS' MARKETS

**36 Dixon County Farmers' Market**  
119 W 3rd St. (Community Center parking lot)  
Ponca, NE  
402-889-8485  
dixoncountyfarmersmarket@gmail.com  
facebook.com/dixoncountyfm  
DATE & TIME: Fridays 4–7 pm,  
Saturdays 9 am–1 pm  
(April 30–Oct 2)  
*DCFM is located near Ponca State Park in a facility with air-conditioning and heating where local vendors sell their homemade/homemade products. Classes are held on Saturdays.*

**46 Wayne Farmers' Market**  
510 Pearl St.  
(Wayne County Courthouse lawn)  
Wayne, NE  
info@wayneworks.org  
DATE & TIME: Wednesdays 4–6 pm,  
Saturdays 9 am–Noon  
(June 9–Oct 23)  
*The Wayne Farmers' Market is held on the lawn of the Wayne County Courthouse and visitors are treated to a variety of vendors.*

## FARMS & RANCHES

**33 Ar-Dot Farmstead Foods**  
Ruth & Sidney Ready  
Scribner, NE  
402-380-0214  
readyhome765@gmail.com  
facebook.com/ar-dot-farmstead-foods-104763081630073  
• Outdoor Access, Rotational Grazing, Grass Fed, Grain Finished  
• Direct Sales—Call or Email  
*Ar-Dot Farmstead Foods raises beef, chickens, turkeys, and eggs for your family. We also have vegetables in season. We love food, and we love providing good, wholesome food for you.*

**34 Country Lane Gardens**  
Annette Hellbusch & Macey Fuhr  
Columbus, NE  
402-270-9072  
cdhellbusch@gmail.com  
countrylanegardens.org  
• GAP Certified  
• Non-GMO Feed, Antibiotic Free, Hormone Free, Pasture Raised, Rotational Grazing  
• On Farm Store, Direct Sales—Call or Email, Wholesale  
*We are a family farm near Columbus, with a retail greenhouse/nursery and pastured non-GMO laying hen operation. Start a family tradition, and come pick that perfect Christmas tree!*

**35 Daniels Produce**  
Tannie Daniels & Kelly Jackson  
Columbus, NE  
402-897-4253  
kelly@danielsproduce.com  
danielsproduce.com  
• GAP Certified, Primus Food Safety Certified  
• CSA, On Farm Store, Direct Sales—Call or Email, Farmers' Markets, Wholesale, Online Ordering  
*Daniels Produce is owned and operated by Andy and Tannie Daniels; their son, Jason Daniels; and their daughter, Kelly Daniels/Jackson. We strive to give our customers the best produce possible.*

**37 ELTEE Mangalitsa's LLC**  
Leon & Tami Svoboda  
Pender, NE  
402-922-3005  
tamisvoboda@live.com  
elteemangalitsas.com  
• Antibiotic Free, Hormone Free, Outdoor Access, Vegetarian Diet  
• Direct Sales—Call or Email, Farmers' Markets, U-Pick, Wholesale, Online Ordering  
*We are currently working on a new product line for this special breed the "Mangalitsa." We are farrow to finish producers, part of the breeding, birth, and finishing process.*

**38 Erstwhile Farm LLC**  
Lanette Stec  
Columbus, NE  
402-897-4065  
erstwhilefarm@gmail.com  
erstwhilefarm.com  
• Certified Organic  
• Animal Welfare Approved, Non-GMO Feed, Antibiotic Free, Pasture Raised, Rotational Grazing  
• On Farm Store, Direct Sales—Call or Email, U-Pick, Online Ordering  
*We are a 3rd generation farm, certified organic since 2001. We specialize in pasture pigs, raised from birth, which graze on our acres and are fed organic grain.*

**39 Fat Head Honey Farms**  
Kathy Suchan  
Clarkson, NE  
402-910-7028  
fatheadhoneyfarms@gmail.com  
fatheadhoney.com  
• Farmers' Markets, Wholesale, Online Ordering  
*At Fat Head Farms we create artisanal handcrafted honey alongside natural raw honey using only the purest practices. Honeybees are always at the heart of our mission.*

**40 Graf Bees—The Buzz**  
Mark & Linda Graf  
Emerson, NE  
308-962-4376  
mgraf28@yahoo.com  
facebook.com/graf-bees-the-BUZZ-259676711356450/shop  
• On Farm Store, Direct Sales—Call or Email, Online Ordering  
*Beekeeping enables us to sell pure honey, along with other products produced from our bee's honey and/or natural bee's wax, and various other bee related items.*

*Good food is very often,  
even most often, simple food.*

~Anthony Bourdain

## Recipe

### SWEDISH MEATBALLS

*A surprisingly quick and hearty weeknight meal that will be a crowd-pleaser. Serve over rice, noodles, or mashed potatoes. You will be making this recipe over and over again!*

D&D BEEF  
HERMAN, NEBRASKA

#### Ingredients:

- 1 lb D&D Beef ground beef
- ¼ c panko bread crumbs
- 1 Tbsp parsley
- ¼ tsp allspice
- ¼ tsp nutmeg
- ¼ c onion finely chopped (or onion powder to taste)
- ½ tsp garlic powder
- Salt and pepper to taste
- 1 egg
- 1 Tbsp olive oil
- 5 Tbsp butter
- 3 Tbsp flour
- 2 c beef broth
- 1 c heavy cream (or milk)
- 1 Tbsp Worcestershire sauce
- 1 tsp dijon mustard

#### Directions:

1. Combine ground beef, panko bread crumbs, parsley, allspice, nutmeg, onion, garlic powder, salt, pepper, and egg. Mix until combined.
2. Roll mixture into approximately 12 large meatballs or 20 small meatballs.
3. In a large skillet, heat olive oil and 1 tablespoon of butter. Add the meatballs and cook turning continuously until brown on each side and cooked. Transfer to plate when cooked.
4. For the sauce, add remaining butter and flour to skillet and whisk until it turns brown. Slowly stir in beef broth and heavy cream. Add Worcestershire sauce and dijon mustard to pan. Bring to a simmer until sauce starts to thicken. Salt and pepper to taste.
5. Add meatballs back to the skillet and simmer for 1-2 minutes. Serve over noodles, rice, or mashed potatoes.



From the kitchen of D&D Beef, Herman, NE

**41 Johnson Farm**  
Robert & Ruth Johnson  
North Bend, NE  
402-652-3769  
rrjohnson@gpcom.net  
facebook.com/johnsonfarmnebraska  
• No Synthetic Inputs  
• Direct Sales—Call or Email, Farmers' Markets, Online Ordering  
*We are a family operation and raise around 8 acres of vegetables. Our farm is committed to the production of safe and high quality foods, using good agriculture practices.*

**42 KD Pastures**  
Kyle Krause  
Tekamah, NE  
402-870-0451  
kyle@kdpastures.com  
kdpastures.com  
• Antibiotic Free, Hormone Free, Pasture Raised  
• Direct Sales—Call or Email, Farmers' Markets, Online Ordering  
*Our Berkshire pigs and poultry are raised outdoors on pasture and in wooded areas where they have plenty of space to forage, scratch, and root.*

**43 KrazyWoman Orchard**  
Woody & Marianne Slama  
Scribner, NE  
402-719-6161  
krazywoman385@live.com  
facebook.com/krazywomanorchard  
• GAP Certified  
• Direct Sales—Call or Email, Farmers' Markets, Online Ordering  
*KrazyWoman Orchard has roughly 250 apple trees with 23 varieties and an established pecan grove. Farmers' markets: Baxter Arena & Village Pointe in Omaha, and Sunday Market in Lincoln.*

**44 Lu's Flowers and Vegetables**  
Zoua Lo  
Fremont, NE  
651-808-7600  
zoualo4@gmail.com  
facebook.com/lusflowersandvegetables  
• On Farm Store, Farmers' Markets, Wholesale  
*Family owned and operated farm. Growing fresh produce and fresh-cut flowers daily.*

**45 TLC Country Floral**  
Sue Fase  
Hooper, NE  
402-654-2058  
tlccountryfloral@yahoo.com  
tlccountryfloral.blogspot.com  
• No Synthetic Inputs, Chemical Free  
• On Farm Store, Direct Sales—Call or Email  
*Freeze dried floral designs, rare and unusual flower, vegetable and succulent plants. Open by appointment or during special events.*



# Southeast Nebraska

Nebraska Wedding is a variety of orange heirloom tomato, whose seeds were given to newlyweds in western Nebraska as wedding gifts.

# FUN FACT

## BUSINESSES

- 49 Artisan Mark Coffee + Goods**  
Coffee House  
1144 Main Ave.  
Crete, NE  
402-309-5206  
info@artisanmarkcoffee.com  
artisanmarkcoffee.com  
HOURS: Mon–Sat: 7 am–5 pm, Sun: 9 am–3 pm  
Artisan Mark sells local, handmade goods, and amazing coffee. The shop celebrates the creativity and ingenuity of the community, while inspiring newness and life in downtown Crete.
- 57 Heartland Nuts 'N More**  
Food Cooperative, Retail Store  
206 W 2nd St.  
Valparaiso, NE  
402-784-7887  
lottanuts@windstream.net  
heartlandnutsnmore.com  
HOURS: Mon–Fri: 9 am–4 pm, Sat & Sun: Closed  
Heartland Nuts 'N More is a co-op owned by a diverse partnership of nut growers. We produce, process, and market only high-quality-cultivar, Midwest-grown black walnuts and pecans.
- 62 Rich Harvest Vineyard and Winery**  
Winery  
3010 G Rd.  
Syracuse, NE  
402-828-0708  
cathy@richharvestwine.com  
richharvestwine.com  
HOURS: Fri & Sat: 1–9 pm, Sun: 1–6 pm  
Rich Harvest is a five acre vineyard producing estate wines onsite. Our tasting room and grounds provide an idyllic setting for enjoying small plate offerings, music and nature.


## FARMERS' MARKETS

- 50 Beatrice Farmers' Market**  
801 Court St. (Country Cookin' Café parking lot, 8th & Court St.)  
Beatrice, NE  
402-223-3244  
info@mainstreetbeatrice.org  
facebook.com/BeatriceFarmersMarket  
DATE & TIME: Thursdays 4–6:30 pm (May 20–Oct 14)  
• NE Senior Farmers Market Coupons  
Every market brings in treats, crafts, lots of produce, eggs, honey, baked goods and more! Head to downtown Beatrice for a wide host of vendor choices and that great farmers' taste!


## FARMS & RANCHES

- 47 Al-Be Farm**  
  
Beth Kernes Krause & Ralph Krause  
Julian, NE  
402-274-8836  
al-befarm@windstream.net  
facebook.com/albefarmNE  
• Non-GMO Feed, Antibiotic Free, Hormone Free, Pasture Raised, Rotational Grazing  
• Direct Sales—Call or Email, Wholesale  
Our pastured chickens live and lay in mobile coops. We also have quail eggs and occasional meat birds. They eat transitional and organic grain-based feed from Nebraska farmers.
- 48 Arnold Acres**  
  
Larry Arnold  
Syracuse, NE  
402-217-2930  
larry@arnoldacresne.com  
arnoldacresne.com  
• Sustainably grown using regenerative soil building methods  
• Direct Sales—Call or Email, Farmers' Markets, Online Ordering  
Our produce is grown sustainably using regenerative soil building methods which assures it is nutrient dense compared to other growing methods.  
"Healthy Soils=Healthy Food"
- 51 Broken Arrow Farm**  
  
Riley Reinke  
Filley, NE  
402-768-1145  
brokenarrowfm@outlook.com  
brokenarrowfm.com  
• No Synthetic Inputs  
• Non-GMO Feed, Antibiotic Free, Hormone Free, Pasture Raised  
• Direct Sales—Call or Email, Farmers' Markets, Wholesale, Online Ordering  
Broken Arrow Farm seeks to cultivate environmental and human health through regenerative farming by producing eggs, honey, and produce for consumers in our local communities.

## 52 Dageforde Farms

-   
Deb Craig & Rick Dageforde  
Hebron, NE  
402-200-1379  
dagefordefarms@yahoo.com  
dagefordefarms.com  
• Pasture Raised, Grass Fed, Grain Finished, Corn fed, Finished with flax  
• On Farm Store, Direct Sales—Call or Email, Farmers' Markets, Online Ordering  
Dageforde Farms lean corn and flax-fed beef! Hamburger, steaks, brisket, or jerky by the pound. Quarter and whole beef available, too! Locally raised beef direct to your table!

## 53 Divino Nino Dairy

-   
Melissa Rawe  
Palmyra, NE  
402-310-6056  
divinoninodairy@outlook.com  
divinoninodairy.com  
• Non-GMO Feed, Soy Free Feed, Hormone Free, Pasture Raised, Rotational Grazing  
• On Farm Store, Direct Sales—Call or Email  
Divino Nino Dairy is home to our Guernsey cows who graze the rolling pastures and provide us with delicious fresh milk and cream. Come visit and be nourished by Nebraska dairy!

## 54 Food4Hope

-   
Terri Sue Mazza  
Beatrice, NE  
402-306-7561  
food4hope@yahoo.com  
food4hope.org  
• No Synthetic Inputs  
• Animal Welfare Approved, Non-GMO Feed, Soy Free Feed, Antibiotic Free, Hormone Free, Pasture Raised, Outdoor Access  
• Direct Sales—Call or Email, Farmers' Markets  
Food4Hope is a non-profit, organization committed to producing healthy, naturally raised food. We are in the process of building a community teaching and commercial kitchen.

## 55 Great Plains Nursery

-   
Heather Byers  
Weston, NE  
402-540-4801  
heather@greatplainsnursery.com  
greatplainsnursery.com  
• On Farm Store, Direct Sales—Call or Email, Wholesale, Online Ordering  
Great Plains Nursery produces native trees and shrubs for habitat and landscape use. Native trees and shrubs are essential for a healthy environment!

## 56 Grow with the Flow

-   
Jeff Jirovec & Heather Husen  
Denton, NE  
402-890-4388  
jeff@gwtfaquaponics.com  
gwtfaquaponics.com  
• Aquaponic  
• Direct Sales—Call or Email, Farmers' Markets, Wholesale, Online Ordering  
We use aquaponics to grow produce, cut flowers, and live plants on our 11-acre farm. Aquaponics is the cultivation of fish and plants together in a symbiotic environment.

## 58 Martin's Hillside Orchard

-   
Barbara Martin  
Ceresco, NE  
402-665-2140  
nitbm8@gmail.com  
hillside-orchard.com  
• On Farm Store, Direct Sales—Call or Email, U-Pick, Wholesale  
U-pick apples, peaches, pumpkins; hay rack rides; corn maze; activities for kids; store with cider slushies and lunches (weekends); butterfly garden and discovery trail; school tours


## 59 Paradise in Progress Farm

-   
Ellen & Jim Shank  
Nebraska City, NE  
402-874-9540  
paradiseprogressfarm@gmail.com  
facebook.com/paradise-in-progress-farm-1403878523249930  
• GAP Certified  
• Antibiotic Free, Hormone Free, Pasture Raised, Rotational Grazing  
CSA, On Farm Store, Farmers' Markets  
We are conveniently located on Hwy 75 between Union and Nebraska City.

## 60 Pekarek's Produce

-   
Ryan & Katie Pekarek  
Dwight, NE  
402-641-3305  
pekareksproduce@hotmail.com  
pekareksproduce.com  
• GAP Certified  
• CSA, On Farm Store, Direct Sales—Call or Email, Farmers' Markets, Wholesale, Online Ordering  
Pekarek's Produce is run by Ryan and Katie Pekarek. With their five children and crew, they produce healthy food for friends at rural Dwight, Nebraska.

## 61 Raikes Beef Co.

-   
Lindsey Raikes  
Ashland, NE  
402-944-2474  
info@raikesbeef.co  
raikesbeef.co  
• Animal Welfare Approved, Hormone Free, Grass Fed, Grain Finished  
• On Farm Store, Wholesale, Online Ordering  
Our focus is connecting customers to high quality, 100% Nebraska raised American Wagyu beef directly from our 5th generation farm, along with other proteins and specialty foods.

## 63 Sicily Creek Jelly and Produce

-   
Fred & Laurinda Baumann  
Blue Springs, NE  
402-230-8953  
rindybaum@hotmail.com  
• Direct Sales—Call or Email, Farmers' Markets

## 64 The Little Red Farm

-   
Mindy McGrew  
Palmyra, NE  
402-601-1208  
thelittleredfarm@gmail.com  
thelittleredfarm.com  
• Animal Welfare Approved, Antibiotic Free, Hormone Free, Pasture Raised, Outdoor Access, Rotational Grazing, Grass Fed, Grain Finished  
• On Farm Store  
The Little Red Farm, owned by Kyle and Mindy McGrew, specializes in A2A2 raw milk. The on-farm shop is open four days per week and offers milk, cream, meat, eggs, poultry, and handmade items.

## 65 West End Farm

-   
Katie Jantzen  
Plymouth, NE  
402-239-9822  
westendfarmne@gmail.com  
westendfarmne.com  
• No synthetic pesticides  
• Hormone Free, Free range  
• CSA, On Farm Store, Direct Sales—Call or Email, Farmers' Markets, Wholesale, Online Ordering  
We are a family farm west of Beatrice. We grow fresh vegetables, fruits, berries, and herbs without the use of synthetic pesticides. We also sell eggs, honey, jam, and baked goods.



*If you've never experienced the joy of accomplishing more than you can imagine, plant a garden.*

~Robert Brault







# Nebraska Farmers' Markets

Farmers' Markets provide us reliable, safe food even in times of crisis. They give us an opportunity to support the people who nourish our families with Nebraska-grown food. They increase economic activity, and they are a source of community pride.

Each market in Nebraska is unique. We bet the next time you go, you'll discover delicious treasures that can only be found at your local market.

When you go to the farmers' market, you grow family farms, your local economy, and your community. Let's go to grow in 2021!



TARA DUNKER, UNL FOOD, NUTRITION & HEALTH EXTENSION EDUCATOR

## Six Reasons to Support Your Farmers' Markets

1

**BUYING DIRECTLY FROM LOCAL FARMERS**  
Did you know food purchased in a grocery store on average, returns only 10 cents for each food dollar to the farmer? Buying at a farmers' market gets more of that dollar to the person who grew your food!

4

**FRESHLY PICKED, IN-SEASON PRODUCE IS AT PEAK FLAVOR AND NUTRITION**  
On average, food from a grocery store travels 1,300 miles to get to your table. Local food is fresher and tastes better than food shipped long distances.

5

**TALK WITH A FARMER**  
If you're grabbing something fresh and you're not sure how to use it, don't be afraid to talk with the vendor. Ask questions and share ideas for best cooking methods and favorite recipes.

6

**YOU CAN SHOP WITHIN YOUR BUDGET**  
Often times in-season veggies and fruits at farmers' markets are comparable or less expensive than their grocery store counterparts. Do price comparisons, make a weekly list, and be flexible. If spinach is on your list, but a vendor has a sale on baby kale—can you substitute to save some cash?

2

**LOTS OF HEALTHY CHOICES FOR A VARIETY OF EATING HABITS**  
Visit different booths for seasonal fruits and vegetables, as well as local grains, meat, and dairy products to build a healthy plate.

3

**TRY SOMETHING NEW**  
Approach each booth with a sense of adventure. Farmers' markets have foods you can't find at a grocery store, and the selection is always changing! They don't say variety is the spice of life for no reason.

## Meet Your Farmers' Market Vendor

### Interview with Terri Mazza, Food4Hope

VENDOR AT THE BEATRICE FARMERS' MARKET

*Food4Hope is a non-profit passionate about providing access to good, healthy food to everyone. They grow produce, raise animals, bake bread, and make a variety of value-added products on their "farmette" outside of Beatrice, Nebraska.*

#### What has been your experience selling at the Beatrice Farmers' Market?

We started selling vegetables at the Beatrice Farmers' Market 7 years ago. Since then we've diversified by adding products like eggs, syrups, jams, jellies, and breads. We had to diversify because of a bad produce year due to weather. We didn't have enough produce to sell, so we started baking bread to fill up our table. The bread became a popular item for us and one of the things we are known for.

#### What is one thing about farmers' markets that you love?

I love the people. The human connection is priceless—it feeds my spirit and soul. It makes all the work worth it. The people who shop the market are a microcosm of society—young, old, vegans, meat eaters—and they are all interested!

#### How does the farmers' market benefit your community?

The COVID-19 crisis has highlighted that we need to shorten the food supply chain. When people buy at a farmers' market, they have a reliable source of food, they know where their food is coming from, and know they are getting it fresh. The market also provides connection. It's a local spot where people come to catch up and see each other. It's a community gathering place.

#### What is the most popular item you sell?

Our homemade breads and elderberry syrup.

#### What is one thing about farming that people would be surprised to hear?

I hand milk a cow, which gives me plenty of time to ponder. One of the biggest surprises to me is how much farming teaches a person. How many life lessons and universal truths I have learned from the land, animals, and being a steward. The more time I spend with my animals and on the land, the more I learn about people and myself.

#### Favorite item at your booth?

Elderberry syrup. We went through a period of discovery with elderberries—finding the plant growing on our farm, learning about its history and benefits, harvesting and processing the berries, and finally hearing positive feedback from our customers. There is a satisfaction that comes with taking care of ourselves by using what is growing on the land.

The average food item travels 1,300 miles to get to the dinner table. Local food is fresher and tastes better than food shipped long distances.



Food4Hope booth at the Beatrice Farmers' Market

## Fun Facts

▶ **Not just for summer!** There are winter and holiday farmers' markets from Scottsbluff to Lincoln. Get your local veggies, meats, and homemade foods even when the snow is flying.

▶ **Farmers' Markets are essential!** Market managers and vendors have adapted to the pandemic by spreading out vendors, offering curbside ordering, and other changes to keep shoppers and vendors safe.

▶ **There are around 90 Farmers' Markets** across the state of Nebraska.



LEARN MORE AND FIND YOUR FARMERS' MARKET AT  
[buylocalnebraska.org/go-to-grow](http://buylocalnebraska.org/go-to-grow)



# Lincoln Area

The strawberry is a member of the Rose family and is the only fruit with its seeds on the outside. It is one of the first fruits of summer in Nebraska, ready for harvest around June!

# FUN FACT

## BUSINESSES

- 74 Hub Café**  
Restaurant  
250 N 21st St.  
Lincoln, NE  
402-474-2453  
info@hubcafeinlincoln.com  
hubcafeinlincoln.com  
HOURS: Tues–Sun: 7:30 am–2:30 pm,  
Mon: Closed  
Sourcing from local farmers allows us to serve the freshest, best-tasting produce, dairy, and meats in creative dishes that connect our customers to our landscape and the seasons.
- 76 Leon's Gourmet Grocer**  
Grocery Store  
2200 Winthrop Road  
Lincoln, NE  
402-416-2823  
chad@leonsgourmetgrocer.com  
leonsgourmetgrocer.com  
HOURS: Mon–Sat: 8 am–9 pm,  
Sun: 9 am–6:30 pm  
At Leon's, you can find local cheese, produce, jams, chicken, eggs, and milk that were raised or made in Nebraska along with an incredible meat department. Food is our passion!
- 78 Lone Tree Foods**  
Distributor  
220 P St.  
Lincoln, NE  
402-413-0079  
info@lonetreefoods.com  
lonetreefoods.com  
Lone Tree Foods is a local and specialty foods distributor based in Lincoln, Nebraska. We impact the food system by creating access, adding value, and building win-win relationships.
- 79 Mystic Rhoads Productions Inc.**  
Local Food Processor,  
Charitable Organization  
Lincoln, NE  
info@mysticrhoads.org  
mysticrhoads.org  
MRP is a Lincoln-based charitable organization, but with a twist. We've created a line of products that funnel profits back to charitable causes. You buy, and we give 100%.

- 80 Nebraska Food Coop**  
Distributor, Food Cooperative  
Lincoln, NE  
800-993-2379  
gm@nebraskafood.org  
nebraskafood.org  
HOURS: Shop Nebraska's Online Farmer's Market 24/7 during one of our scheduled cycles  
As an online farmers' market, we support local food sales and distribution across much of Nebraska, allowing producers to stay on the farm and focus on growing food the right way.
- 81 Nebraska Sustainable Agriculture Society**  
Agriculture Member Organization, Non-profit  
Lincoln, NE  
402-235-6743  
info@sustainablenebraska.org  
sustainablenebraska.org  
Nebraska Sustainable Agriculture Society is a non-profit, grass-roots membership organization started over 50 years ago by local farmers. We welcome farmers and non-farmers alike.
- 82 Open Harvest Co-op Grocery**  
Co-op Grocery Store, Caterer, Food Cooperative, Retail Store  
1618 South St.  
Lincoln, NE  
402-475-9069  
harvest@openharvest.coop  
openharvest.coop  
HOURS: Sun–Sat: 8 am–9 pm  
Open Harvest Co-op Grocery is a cooperatively owned grocery store that's provided Lincoln with fresh, local, and organic food for 45+ years.
- 83 Prairie Plate Restaurant**  
Restaurant, Caterer  
10405 Branched Oak Rd.  
Waverly, NE  
402-786-2239  
info@prairieplaterestaurant.com  
prairieplaterestaurant.com  
HOURS: Seasonal (check website for hours)  
Prairie Plate Restaurant is a farm-to-table restaurant located in a rural lakefront setting where guests enjoy a seasonal menu based on regional ingredients.

- 89 Sweet Minou Chocolate**  
Chocolate Maker  
2510 Randolph St.  
Lincoln, NE  
402-975-2664  
rebecca@sweetminou.com  
sweetminou.com  
HOURS: Mon–Fri: 7 am–2 pm, Sat: 8 am–3 pm  
Sweet Minou is all about creating a chocolate experience that is playful, unexpected, and silky smooth—we use fair trade cacao, cane sugar, and local produce to make the magic.

## FARMERS' MARKETS

- 67 Bennet Farmers' Market**  
675 Elm St.  
(Village Park—Elm and Harrison Streets)  
Bennet, NE  
402-782-2167  
kramerlarry@outlook.com  
bennetfarmersmarket.com  
DATE & TIME: Wednesdays 4–7 pm  
(May 5–Sept 29)  
• Double Up Food Bucks/SNAP matching dollars, NE Senior Farmers Market Coupons, WIC Farmers Market Nutrition program  
Our market is located at the edge of Village Park with many mature shade trees and a children's playground.
- 72 Fallbrook Farmers' Market**  
600 Fallbrook Blvd.  
(Fallbrook community green space)  
Lincoln, NE  
308-216-0411  
fallbrookfm.manager@gmail.com  
fallbrookfarmersmarket.com  
DATE & TIME: Thursdays 4–7 pm  
(June 17–Aug 19 and Oct 14)  
• EBT/SNAP, Double Up Food Bucks/SNAP matching dollars, NE Senior Farmers Market Coupons  
The Fallbrook Farmers' Market supports local farmers, bakers, and crafters in a producer only market with 15–20 vendors. We support and offer a safe, fun, and healthy community!



Cares melt when you  
kneel in your garden.

~Okakura Kakuzo



- 77 Lincoln Haymarket Farmers' Market**  
7th & P St.  
(Located in the Historic Haymarket)  
Lincoln, NE  
402-435-7496  
jeff@lincolnhaymarket.org  
lincolnhaymarket.org/events/farmers-market  
DATE & TIME: Saturdays 8 am–Noon  
(May 1–Oct 9)  
The Haymarket lives up to its name each Saturday morning as farm fresh produce, flowers, baked goods, and handmade items from over 100 vendors are sold on the streets and sidewalks.

- 88 Sunday Farmers' Market at College View**  
4801 Prescott Ave. (48th and Prescott in the College View Neighborhood)  
Lincoln, NE  
402-318-5225  
sundayfarmersmarket.manager@gmail.com  
sundayfarmersmarket.org  
DATE & TIME: Sundays 10 am–2 pm, except May 9th, which is 3–6 pm  
(April 25–Oct 31)  
Holiday Farmers' Market in Nov & Dec (see website for location & dates)  
• EBT/SNAP, Double Up Food Bucks/SNAP matching dollars, NE Senior Farmers Market Coupons, WIC Farmers Market Nutrition program  
For people who love food! We are a producer-only market. Everything is guaranteed to be grown or processed by our members. We have more than 40 vendors! Open rain or shine.

## FARMS & RANCHES

- 66 Bad Horse Farm**  
Nathan Francis  
Denton, NE  
402-405-1127  
nathan@badhorsefarm.com  
badhorsefarm.com  
• No Synthetic Inputs  
• Non-GMO Feed, Antibiotic Free, Hormone Free, Pasture Raised, Rotational Grazing  
• Farmers' Markets, Online Ordering  
A small veteran owned and operated farm producing high quality mushrooms, microgreens, and free-range eggs year round, along with a naturally grown seasonal market garden.
- 68 Bright Hope Family Farm**  
Lainey & Andy Johnson  
Firth, NE  
402-450-9715  
brighthopefamilyfarm@gmail.com  
brighthopefamilyfarm.locallinesites.com  
• No Synthetic Inputs, No-Till, Chemical Free  
• CSA, On Farm Store, Direct Sales—Call or Email, Farmers' Markets, Wholesale, Online Ordering  
BHFF strives to provide produce and cut flowers grown with ecological integrity our community using no-till farming practices. Our passion dwells in farming for future generations.
- 69 Common Good Farm**  
Ruth Chantry & Everett Lunquist  
Raymond, NE  
402-783-9005  
farmers@commongoodfarm.com  
commongoodfarm.com  
• Certified Biodynamic, Certified Organic  
• Certified Organic, Non-GMO Feed, Antibiotic Free, Hormone Free, Pasture Raised, Rotational Grazing, 100% Grass Fed  
• CSA, Farmers' Markets, Wholesale  
Common Good Farm is a diversified family farm, growing good food. A small, sustainable, certified organic and biodynamic farm, located in Southeast Nebraska—just north of Raymond.
- 70 Community Crops**  
Megan McGuffey & Amy Gerdes  
Lincoln, NE  
402-474-9802  
info@communitycrops.org  
communitycrops.org  
• Certified Naturally Grown  
• Direct Sales—Call or Email, Farmers' Markets  
Since 2003, Community Crops has provided the city of Lincoln and surrounding areas access to sustainably-grown healthy foods and resources to grow their own food.

- 71 DS Family Farm**  
Doug Garrison  
Malcolm, NE  
402-796-2208  
doug@dsfamilyfarm.com  
dsfamilyfarm.com  
• Animal Welfare Approved, Non-GMO Feed, Soy Free Feed, Corn Free Feed, Antibiotic Free, Hormone Free, Pasture Raised, Rotational Grazing, 100% Grass Fed  
• Direct Sales—Call or Email  
Healthy soils and healthy prairies, result in healthy animals for you, your family, and our community. Beef and chicken from our farm will result in a flavor unique to our pastures.
- 73 Green School Farms**  
Gary Fehr  
Lincoln, NE  
402-570-4382  
fehrgary@gmail.com  
greenschoolfarms.com  
• No Synthetic Inputs  
• Direct Sales—Call or Email, Farmers' Markets, Wholesale, Online Ordering  
Green School Farms produces vegetables and herbs, free of synthetic chemicals. We believe good food is key to linking the health of our bodies, communities, and environment.
- 75 Hunter's Honey**  
Doug & Michelle Hunter  
Hickman, NE  
402-792-2345  
mmhunter0203@gmail.com  
purenebraskahoney.com  
• Direct Sales—Call or Email, Farmers' Markets, Online Ordering  
Hunter's Honey is a family owned and operated business near Hickman, Nebraska. We are proud to offer you honey we have produced locally from our bee hives right here in Southeast Nebraska.

Lincoln Area →  
continues on next page



**84** **Prairieview**



**Bonnie Henshaw**  
Lincoln, NE  
402-423-5489  
jbhenshaw@windstream.net  
• Direct Sales—Call or Email,  
Farmers' Markets

**85** **Robinette Farms**



**Chloe Diegel & Alex McKiernan**  
Martell, NE  
402-794-4025  
farmers@robinettefarms.com  
robinettefarms.com  
• Certified Organic, GAP Certified  
• CSA, Wholesale, Online Ordering  
We grow Certified Organic Baby Greens  
and Micro Greens and offer a weekly  
subscription where you can customize  
a box with our produce and products  
from dozens of other local farms.

**86** **ShadowBrook Farm and Dutch Girl Creamery**



**Ian Richmond, Charuth & Kevin Loth**  
Lincoln, NE  
402-413-9764  
info@shadowbrk.com  
shadowbrk.com  
• No Synthetic Inputs  
• Non-GMO Feed, Soy Free Feed, Corn  
Free Feed, Antibiotic Free, Hormone Free,  
Outdoor Access, Rotational Grazing  
• CSA, On Farm Store, Direct Sales—Call  
or Email, Farmers' Markets, Wholesale,  
Online Ordering  
We run a 34 acre diversified farming  
operation on the southwest edge of Lincoln,  
within three miles of the city limit. We have  
seasonal produce, and award-winning  
goat cheeses.

**87** **Sleepy Bees Lavender Farm**



**Jerry & Holly McCabe**  
Firth, NE  
402-730-2508  
sleepybeeslavenderfarm@gmail.com  
sleepybeeslavenderfarm.com  
• No Synthetic Inputs  
• On Farm Store, Direct Sales—Call  
or Email, Farmers' Markets, Wholesale,  
Online Ordering  
Sleepy Bees Lavender Farm grows several  
varieties of lavender, and raises honeybees.  
We handcraft in small batches many  
products containing lavender essential oil.

**90** **Trackside Farm**



**Nancy & James Scanlan, Sandy Williams**  
Hickman, NE  
267-331-1070  
tracksidegrown@gmail.com  
facebook.com/hicktracks  
• Direct Sales—Call or Email,  
Farmers' Markets  
We are a woman and Veteran owned  
15-acre farm focused on growing with  
minimal inputs and improving our soil  
health to increase our yields.

**91** **Twin Springs Pecans**



**Charlie Willnerd & Sarah Ferdico**  
Bennet, NE  
402-525-8071  
willnerdfarms@yahoo.com  
twinspringspecans.com  
• On Farm Store, Direct Sales—Call  
or Email, Farmers' Markets, Wholesale,  
Online Ordering  
Twin Springs Pecans is a family-owned pecan  
operation where we grow, process, and sell  
fresh northern pecans from our facilities  
located south of Lincoln, Nebraska.

**92** **Yankee Hill Landscape**



**Tammy & Todd Magee**  
Lincoln, NE  
402-416-2611  
info@yankeehilllandscaping.com  
yankeehilllandscaping.com  
• On Farm Store, Farmers' Markets  
We are conveniently located on the  
southeast edge of Lincoln. We offer  
vegetable & flower plants and fresh  
produce for sale at our location.



**FALLBROOK FARMERS MARKET**

**Ten years of serving NW Lincoln!**

**Every Thursday 4-7 PM**

**June 17 - August 19**

**Lincoln's Most Family-Friendly Market!**  
Events • Music • Kids Activities • Park Setting

Producer-only market with seasonal produce, food, crafts and more!  
Find us on Facebook for weekly schedule and updates

Fallbrook Town Square •  
700 Fallbrook Blvd  
in NW Lincoln



All proceeds support community service activities to benefit kids and families.

**food.unl.edu**


**Recipe Central**  
Quick and healthy meal ideas

**Healthy Tips**  
Make meal planning, shopping, and cooking easier

**Resources**  
FREE posters, presentations and handouts

Connect with @UNLfoodfitness





**Lincoln's authentic farm-to-fork cafe and bistro**

250 N 21st St. Lincoln, NE 68508  
Two blocks North of O Street on 21st, just East of UNL city campus

**Dirt Nap Dip**  
Hot sauces and seasonings

**25% off online orders**

Use promo code BFBL21  
at MysticRhoads.org/local

Hand-crafted in Lincoln  
All sales support charitable causes.



**Recipe**


**SWEET POTATO SAUSAGE CASSEROLE**  
A perfect autumn casserole that everyone will enjoy!

**Ingredients:**


- 8 oz uncooked pasta
- 8 oz ground sausage
- 2 medium sweet potatoes, cut in 1/2" cubes
- 1 c green pepper, chopped
- 1/2 c onion, chopped
- 2 Tbsp oil
- 1 clove garlic, minced
- 2 c tomatoes, chopped
- 1 c cream or milk
- 1/4 tsp salt
- 1/4 tsp pepper
- 1 c shredded cheese

**Directions:**

1. Cook pasta according to package directions. Meanwhile, in skillet with oil, cook sausage, sweet potatoes (can boil briefly first to soften), green pepper, and onion for 5 minutes or until vegetables are tender. Add garlic and cook 1 more minute. Drain.
2. Add tomatoes, cream, salt, and pepper. Bring to a boil, then remove from heat. Drain pasta, and stir into sausage mixture. Transfer to a greased 9x13 dish. Sprinkle with cheese.
3. Bake, uncovered, at 350 for 25-30 minutes or until bubbly. Let stand 5 minutes before serving.



From the kitchen of **West End Farm, Plymouth, NE**





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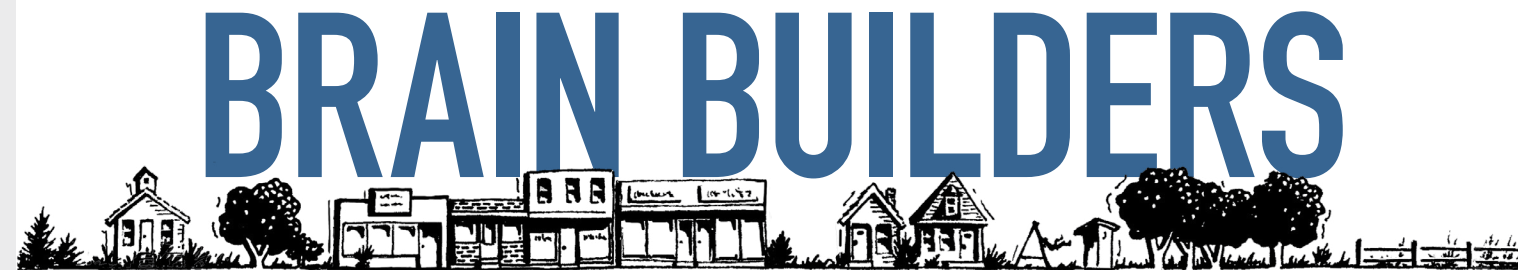


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## LOCAL FOODS *Word Match*

Epazote

Jacobs Cattle

Saskatoon

Jersey

Long Island Cheese

- \_\_\_\_\_ A native to Nebraska shrub that produces a delicious berry in summer.
- \_\_\_\_\_ A breed a cow whose milk is extremely rich and creamy.
- \_\_\_\_\_ A variety of winter squash, very popular for pies.
- \_\_\_\_\_ An heirloom variety of dry bean from the Northeast, red and white mottled.
- \_\_\_\_\_ A well-loved culinary herb in Mexican cuisine. Aromatic and used to flavor beans, soups, and sauces.



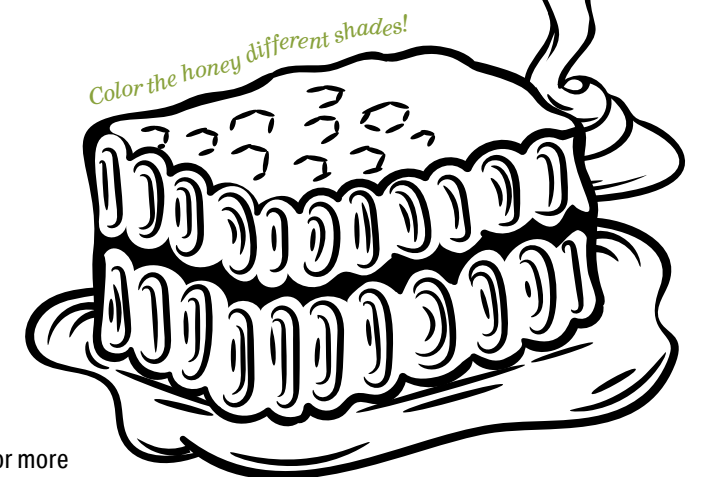
## DID YOU *Know?*

**ABOUT ONE-THIRD OF THE FOOD EATEN BY NEBRASKANS COMES FROM CROPS POLLINATED BY BEES.**

Bees pollinate apples, cucumbers, peppers, melons, squash, and okra, to name a few. The flavor and color of honey depends on the types of flowers visited by the forager bees. Look for different types of honey like wildflower, buckwheat, or linden, and enjoy their unique tastes. **This year conduct a honey taste test by comparing different types of honey.**

## TRUE OR *False*

- \_\_\_\_\_ Goats' eyes have rectangular shaped irises to see 340 degrees around them.
- \_\_\_\_\_ The leaves, tendrils, shoots, stems, flowers, seeds, and fruit of winter squash can all be eaten.
- \_\_\_\_\_ Aquaponic means growing plants in water, along with fish who fertilize the growing plants.
- \_\_\_\_\_ In a single day, one worker bee makes 12 or more trips from the hive, visiting several thousand flowers.



*Color the honey different shades!*

NEBRASKA REGIONAL  
FOOD SYSTEMS INITIATIVE

Thank you to those who attended the 2021 summit. It was a three days full of lessons from the past and present to build our food system. The recordings from the summit are on our website.

Looking for ways to get involved? We are always looking for new members to help plan events and shape the work that we do. For those interested, please email [vwielenga2@unl.edu](mailto:vwielenga2@unl.edu).

Visit our website  
for more information  
[foodsystems.unl.edu](http://foodsystems.unl.edu)

Sign up for our mailing list!  
[go.unl.edu/nerfsi-mailing-list](http://go.unl.edu/nerfsi-mailing-list)



# Omaha Area

Microgreens are nutrient rich shoots of vegetables and herbs picked just after the leaves have appeared.

**FUN  
FACT**

## BUSINESSES

### 101 No More Empty Pots

Caterer, Distributor, Local Food Processor, Coffee House, Non-Profit  
8501 N 30th St.  
Omaha, NE  
402-933-3588  
info@nmepomaha.org  
nmepomaha.org  
HOURS: Mon–Fri: 9 am–5 pm,  
Café hours vary (check website for times)  
NMEP is a grassroots non-profit that supports communities in becoming self-sufficient and food secure. We fight poverty with local foods, training, jobs, and entrepreneurship.

## FARMERS' MARKETS

### 97 Florence Mill Farmers' Market

9102 N 30th St. (On East McKinley St. intersection of I-680 & 30th St.)  
Omaha, NE  
402-551-1233  
lsmeigs@msn.com  
theflorencefarm.com  
DATE & TIME: Sundays 10 am–3 pm  
(June 6–Sept 26)  
• NE Senior Farmers Market Coupons, WIC Farmers Market Nutrition program  
Far from crowds, agriculture returns to historic roots. A lively Country Market on Omaha's North urban edge hosts live music, critters, friendly farmers, local produce, and artisans.

### 102 Omaha Farmers' Market—Baxter Arena (Lot 26)

67th and Center St.  
Omaha, NE  
402-345-5401  
kbeck@vgagroup.com  
omahafarmersmarket.com/baxter-arena  
DATE & TIME: Sundays 9 am–1 pm  
(May 2–Oct 10)  
• EBT/SNAP, Double Up Food Bucks/SNAP matching dollars, NE Senior Farmers Market Coupons, WIC Farmers Market Nutrition program  
The Omaha Farmers' Market has been a beloved tradition to the community for more than two decades. There are more than 100 local vendors offering a wide range of products.

### 103 Omaha Farmers' Market—Old Market

1011 Jackson St. (Parking lot on the corner of 11th & Jackson St.)  
Omaha, NE  
402-345-5401  
kbeck@vgagroup.com  
omahafarmersmarket.com/old-market  
DATE & TIME: Saturdays 8 am–12:30 pm  
(May 1–Oct 9)  
• EBT/SNAP, Double Up Food Bucks/SNAP matching dollars, NE Senior Farmers Market Coupons, WIC Farmers Market Nutrition program  
The Omaha Farmers' Market has been a beloved tradition to the community for more than two decades. There are more than 80 local vendors offering a wide range of products.

### 106 Village Pointe Farmers' Market

17305 Davenport St., Suite 203  
(Southeast parking lot of Village Pointe Shopping Center on 168th & Dodge)  
Omaha, NE  
402-505-9773  
vpfm.manager@gmail.com  
facebook.com/villagepointefarmersmarket  
DATE & TIME: Saturdays 8:30 am–12:30 pm  
(May 1–Oct 2)  
Real Food. Real Farmers. Bring the perfect mix of culinary inspiration, from organic vegetables to farm fresh eggs and cheeses to your table from the Village Pointe Farmers' Market.

## FARMS & RANCHES

### 93 Barreras Family Farm

Mariele & Anthony Barreras  
Blair, NE  
402-906-9766  
barrerasfamilyfarm@gmail.com  
barrerasfamilyfarm.com  
• Animal Welfare Approved, Non-GMO Feed, Soy Free Feed, Corn Free Feed, Antibiotic Free, Hormone Free, Pasture Raised, Rotational Grazing, 100% Grass Fed  
• CSA, Direct Sales—Call or Email, Farmers' Markets, Wholesale, Online Ordering  
Barreras Family Farm is dedicated to building strong, healthy, and vibrant families by providing integrity, transparency, and selfless service to our farm customers and community.

### 94 Benson Bounty LLC

Mark & Michelle Brannen  
Omaha, NE  
402-214-7365  
bensonbounty@gmail.com  
bensonbounty.com  
• No Synthetic Inputs  
• CSA, On Farm Store, Online Ordering  
Michelle and Mark Brannen own and operate Benson Bounty LLC—a diversified vegetable farm in the Benson neighborhood of Omaha. Stop by our farm stand on Thursday nights 4–7 pm!

### 95 Big Muddy Urban Farm

Brent Lubbert & Rhonda Freeman  
Omaha, NE  
402-213-9646  
info@bigmuddyurbanfarm.org  
bigmuddyurbanfarm.org  
• No Synthetic Inputs  
• Antibiotic Free, Hormone Free, Pasture Raised  
• CSA, Farmers' Markets, Wholesale  
Big Muddy Urban Farm is a non-profit dedicated to making sustainable agriculture education accessible to all. They offer farm training programs and grow fruits and vegetables.

### 96 D&D Beef

Michaela Mann  
Herman, NE  
402-237-1489  
danddbeef@gmail.com  
danddbeef.com  
• Hormone Free, Pasture Raised, Rotational Grazing, Grass Fed, Grain Finished  
• Farmers' Markets, Wholesale, Online Ordering  
Ranch raised, dry aged beef that is born and raised in one location. From our ranch to your plate, raised responsibly by your own personal Nebraska rancher.

### 98 Fruit of Levine LLC

Jodi & Mike Levine  
Omaha, NE  
402-312-9560  
mdl1356@gmail.com  
fruitoflevine.com  
• No Synthetic Inputs  
• Antibiotic Free, Hormone Free, Pasture Raised  
• Direct Sales—Call or Email  
Honey and hive products, specialty fruits, vegetables, duck, and goose eggs. We are dedicated to producing sustainably with minimal impact on the environment.

### 99 GreenLeaf Farms

Joletta Hoising & Tim Rogers  
Omaha, NE  
402-614-0404  
info@greenleaffarms.biz  
greenleaffarms.biz  
• Certified Organic, No Synthetic Inputs  
• CSA, Direct Sales—Call or Email, Farmers' Markets, Wholesale, Online Ordering  
GreenLeaf Farms is a small, family owned/operated certified organic farm. We grow a large variety of vegetables and fruits, taking pride in offering the finest quality produce.

### 100 Little Mountain Ranch & Garden

Bill Alward & Rebecca Moshman  
Fort Calhoun, NE  
765-585-2723  
littlemountainrg@gmail.com  
littlemountainrg.com  
• No Synthetic Inputs  
• Non-GMO Feed, Antibiotic Free, Hormone Free, Pasture Raised, Rotational Grazing, 100% Grass Fed  
• CSA, Direct Sales—Call or Email, Farmers' Markets, Online Ordering  
Diversified farm in the bluffs above the Missouri River. Forest raised pork, grassfed beef, pasture raised chicken & eggs, and market garden with log grown mushrooms.

### 104 Stream Meadow Farms

Carol Olson  
Papillion, NE  
402-681-9044  
streammeadowfarms@gmail.com  
streammeadowfarms.com  
• Certified Organic  
• Direct Sales—Call or Email, U-Pick, Wholesale, Online Ordering  
Stream Meadow Farms—always delicious, organic, and clean—embracing regenerative agricultural methods to produce heirloom and artisan tomatoes boasting flavor, texture, and color.

### 105 Vala's Pumpkin Patch and Apple Orchard

Kelsey Vala  
Gretna, NE  
402-332-4200  
valaspumpkinpatch.com  
• On Farm Store, U-Pick  
Located in Gretna, Vala's is a family-owned fall festival with the largest pick-your-own pumpkin patch and apple orchard. You can enjoy Vala's fresh-pressed sweet and hard ciders.

### 107 Wenninghoff Farm

Amy Wenninghoff  
Omaha, NE  
402-571-2057  
wenninghoff@qwestoffice.net  
wenninghoff.com  
• Pasture Raised  
• CSA, On Farm Store, Direct Sales—Call or Email, Farmers' Markets, Wholesale  
Wenninghoff Farm is the only "on-farm" store in Omaha. We have most items that you'd see at a traditional farmer's market all under one roof. Open daily July–October.

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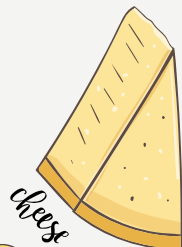
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## Anything Green

### PESTO FORMULA

*Traditionally made with basil, pesto can be made with anything green! It's a delicious way to decrease the volume of those greens hogging space in your fridge, or those fresh herbs that need to be used up quick!*

#### 3 c packed greens

- Basil
- Arugula
- Parsley
- Cilantro
- Spinach
- Mint
- Kale
- Collard greens
- Carrot tops
- Beet greens
- Swiss chard
- Broccoli
- Peas
- Or any combo

#### 2 Tbsp lemon juice

- 1+ large cloves of garlic
- 1/2–3/4 cup oil
- salt & pepper
- 1/4 c cheese & 1/4 c nuts
- ↳ optional

#### Uses for Anything Green Pesto

- ✓ Toss with pasta
- ✓ Condiment for meat
- ✓ Toss with cooked veggies
- ✓ Spread or dip (try adding it to mayo or cream cheese!)
- ✓ Salad dressing—thin with vinegar and olive oil

Pulse greens, lemon juice, garlic, cheese, and nuts in a food processor or blender. Add the oil, and pulse until finely chopped. Salt and pepper to taste.

# KITCHEN & BASICS COOKING STAPLES

## Getting the Most

### FROM YOUR LOCAL FOOD HAUL

*Nobody likes to throw out or compost food, but it happens! Here are a few tips to decrease the number of local veggies that go to your bin.*



#### HAVE A PLAN FOR WHAT YOU BUY

Menu planning can help—try to commit to eating a vegetable side with each homemade dinner.

Have a last minute “plan b”—can you throw it in a smoothie?



#### THE ART OF SUBSTITUTION AND EXPERIMENTATION

Work with what you have and what is in season.

Almost every green is interchangeable—if a recipe calls for spinach you can substitute kale, chard, collards, or anything green!



#### STORAGE IS KEY

Most vegetables last longer when kept chilled but keep tomatoes, basil, and uncut melons on your kitchen counter!

Anything leafy and green does best in a plastic bag in your fridge. This will prevent greens from wilting.



#### WEEKLY CLEAN-OUT MEAL

Make it a tradition in your house every week to use up veggies that have a short shelf life or are going a bit squishy.

Omelets, soups, smoothies, pesto, roasted veggies, or grilled medleys are some options for your weekly clean-out meal.



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Online Store with Nationwide Shipping

## NO-FUSS BEEF STROGANOFF

**Quick and simple!**

**This one-pot wonder will please the whole family!**

2 tablespoons unsalted butter  
12 ounces cremini mushrooms, thickly sliced  
1/2 medium sweet onion, diced  
Kosher salt and freshly ground black pepper, to taste  
1 pound ground beef  
2 cloves garlic, minced  
1/2 teaspoon dried thyme

3 tablespoons all-purpose flour  
1/4 cup dry white wine  
4 cups beef stock  
2 tablespoons Worcestershire sauce  
1 tablespoon Dijon mustard  
8 ounces egg noodles, uncooked  
1/2 cup sour cream  
2 tablespoons chopped fresh parsley leaves

Cooking directions on our website:  
[www.barrerasfamilyfarm.com](http://www.barrerasfamilyfarm.com)



## SUPPORTING THE LOCAL ECONOMY, ONE TOMATO AT A TIME!

*Leon's*

**Food is our Passion!**

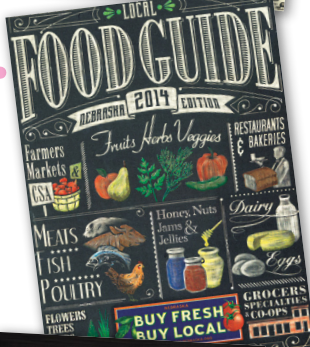
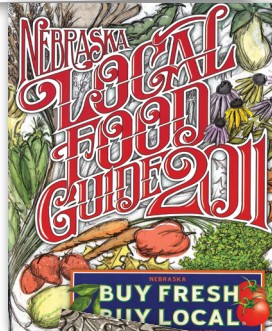
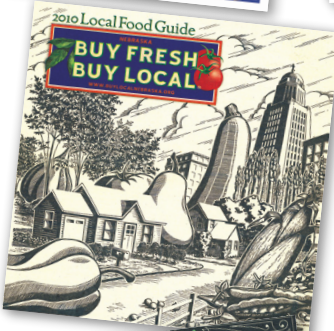
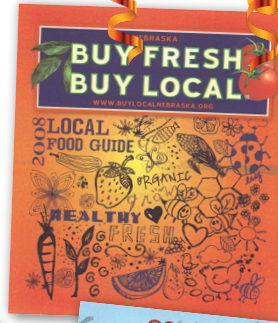
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